

# Healthy Eating and Physical Activity Policy

## Rationale

**Healthy eating and physical activity** are fundamental to good health throughout life and contribute to improved learning and concentration, better behaviour, prevention of disease and healthy growth and weight for lifelong health and wellbeing.

Our school is committed to helping our students achieve these aims and we have adopted a policy that will:

- Increase awareness in the school community of the importance of healthy eating and physical activity;
- Create better learning outcomes, health and well-being for students and staff;
- Provide a safe, stimulating and fun place to learn, work and play;
- Nurture a sense of pride and commitment where students, teachers/staff, parents/caregivers, health professionals and community groups collaborate to create and maintain a healthy school community.

## Our Commitment

### Supportive Practice

**East Kalgoorlie Primary School** will incorporate **healthy eating and physical activity** concepts into school activities by providing:

- Regular professional development opportunities for teachers and other staff
- Regular physical activity and good nutrition sessions during teaching periods for years K - 6;
- Physical activity opportunities in line with national guidelines;\*
- Food-centred activities that are healthful, enjoyable and developmentally appropriate;\*\*
- Activities that will give students the skills to make healthy eating and physical activity choices for themselves;
- Parents with opportunities to participate in school based healthy eating and physical activities.
- Coordinate an annual Health Day to promote health with participation from partner agencies, incorporate into NAIDOC Day celebrations.

\*Physical Activity recommendations from Commonwealth of Australia, Department of Health and Ageing

\*\*Dietary guidelines for Australian children and adolescents

### Supportive Environment

**East Kalgoorlie Primary School** will nurture a supportive environment where students will receive consistent messages about healthy eating and physical activity by:

- Promoting the DET Healthy Food and Drink policy;
- Providing sufficient resources and opportunities to promote physical activity and active play during teaching periods, breaks and before and after school;
- Encouraging students to eat breakfast before attending school and/or providing an economically sustainable school breakfast club;

### Supportive Environment – Families

**East Kalgoorlie Primary School** will develop a supportive relationship with families and provide support for them to ensure their children are able to participate in club sports and community activities.



East Kalgoorlie Primary School  
CRUNCH&SIP® POLICY

Effective: 19.5.14

Crunch&Sip® break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. East Kalgoorlie Primary School has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school.

**GOAL**

All students and teachers at East Kalgoorlie Primary School enjoy a Crunch&Sip® break and eat fruit or vegetables and drink water in the classroom every day.

**OBJECTIVES**

The objectives of the Crunch&Sip® break are to:

1. increase awareness of the importance of eating fruit or vegetables and drinking water every day.
2. enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch&Sip® break in the classroom.
3. encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. encourage parents to provide students with fruit or vegetables every day.
5. develop strategies to help students who don't have regular access to fruit and vegetables.

**PEOPLE INVOLVED IN CRUNCH&SIP® DEVELOPMENT AND REVIEW**

The East Kalgoorlie Primary School Crunch&Sip® Committee is comprised of the Deputy Principal, at least one teacher representative, a support staff representative and a representative from our breakfast/ lunch program.

The draft document is made available for parents and staff to review. The final version of this document will be presented to the School Council for endorsement.

**IMPLEMENTING CRUNCH&SIP®**

**In the classroom**

Teachers will:

- set a Crunch&Sip® time each day in the morning or afternoon.
- encourage all students daily to eat a piece of fruit or vegetable in the classroom during the designated Crunch&Sip® break.
- encourage students to drink a bottle of water in the classroom throughout the day.

Students will:

- wash their hands prior to the Crunch&Sip® break.
- be encouraged to bring fruit or vegetables to school each day to eat at the break.
- wash their water bottle and fill it with water daily, as directed by their teacher.

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them.

**Disseminating information to parents and staff**

The East Kalgoorlie Primary School community will be made aware of Crunch&Sip® by including details:

- in the school policy and procedures manual
- during student enrolment

- on the school website (where possible)
- in reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures etc.

## **REVIEW**

It is important to check the progress of Crunch&Sip® in our school. We will:

- review Crunch&Sip® annually with recommendations for improvements made if necessary
- formally review the Crunch&Sip® policy every two to three years. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the *School Council* for endorsement.

## **FRUIT OR VEGETABLES AND WATER GUIDELINES**

### **Fruit**

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)

### **Vegetables**

- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

### **Water**

- Only plain water is to be consumed in the classroom.

### **Foods not permitted at the designated Crunch&Sip® break**

- All other foods
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices

## **CREATING A SUPPORTIVE ENVIRONMENT**

East Kalgoorlie Primary School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake, at the following times:

### **Physical Education and Sport**

All students will be encouraged to drink water from a water bottle during physical education and sports classes.

### **Camps and excursions**

All students will be required to bring an individual water bottle for all camps and excursions.

### **Adult role modelling**

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Crunch&Sip® policy.

### **Occupational Safety and Health**

- Water bottles are to be washed daily.
- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating.
- Students will be required to wash their hands before eating.

### **School management**

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Have a plan in place to ensure access to fruit or vegetables for all students.