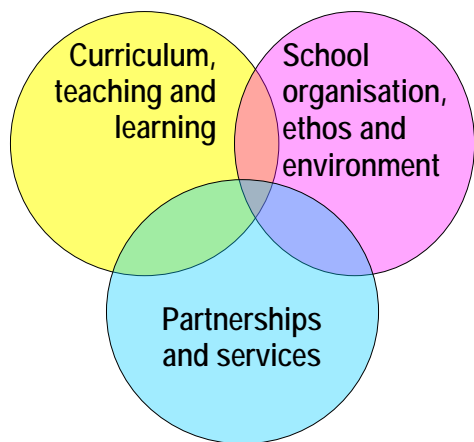


Health Promoting Schools Framework



The contents of this health Policy contains information about:

- Healthy Eating
- Physical Activity

The Health Committee

The Health Committee consist of:

- Co-ordinator
- Teachers
- Growth Group of students

CRUNCH&SIP®

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

GOAL

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

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.
- 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.

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

Wanneroo Primary School

Healthy Schools Policy



Goal

Wanneroo Primary School endeavours to encourage and develop positive attitudes towards healthy eating and a healthy lifestyle.

School Curriculum

We will participate in programs that promote healthy eating and physical activity such as:

- Fruit and Veg week
- Wanneroo Primary School Market Garden
- Bush Tucker garden
- Jump Rope for Heart
- Active classrooms
- Harmony Day



School Environment

We will participate in:

- Growth groups
- Allow water bottles to be available throughout the day within the classroom
- Provide a healthy school breakfast club
- Promote the Department of Education and Training Food and Drink Policy using the traffic light system
- Encourage students to bring healthy lunches
- CRUNCH&SIP®
- Provide information in the school newsletter
- NO chocolate or lollies

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Community Involvement

We will:

- Work towards building positive relationships with the local community
- Engaging the school community in supporting healthy eating and the school garden program

