

POLICY: FRUIT AND WATER

1 Rationale

As part of the ongoing relationship between home and school, St Michael's staff supports the concept of a fruit, vegetable and water break. The staff believes that the consumption of fruit and water will improve the eating habits of school children and encourage students, teachers and staff to consume a small bottle of water in the classroom throughout the day and eat a piece of fruit or vegetable during a morning break. This will be supported by incorporating nutrition programs into the key learning areas of the school curriculum and by creating a school environment that is supportive of a Fruit and Water policy.

2 Aims

- 2.1 Increase student, parent and teacher awareness of the importance of consuming fruit, vegetables and water.
- 2.2 Encourage students, teachers and staff to consume fruit and vegetables during an allocated morning fruit break in the classroom.
- 2.3 Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sport and excursions.
- 2.4 Encourage parents to provide students with fruit and vegetables for the morning fruit break.
- 2.5 Develop strategies that ensure access of fruit and vegetables to students at St Michael's school who do not access fruit regularly.

3 Implementation

- 3.1 St Michael's Primary school Fruit and Water Committee include representatives from all sectors of the school. The committee is comprised of PDH Coordinator, Physical Education teacher, classroom and support teachers.
- 3.2 The fruit and water policy will be displayed in the school's Policy handbook.
- 3.3 The fruit and water policy will also be included in the school's handbook for parents.
- 3.4 Parents will be informed of the Fruit and Water policy during the student enrolment and during parent information nights.
- 3.5 Parents and teachers will be reminded about the fruit and water policy during the year via talks, newsletters or brochures, etc.
- 3.6 Incorporate nutrition programs into the appropriate key learning areas of the school curriculum to raise students' awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.
- 3.7 Teachers to have access to up-to-date information on nutrition.
- 3.8 Nutrition (and hydration) related education is offered to parents during the year either as talks, in newsletters, brochures etc.

4 Evaluation

The policy will be evaluated on an annual basis.