



Crunch & Sip - Years K-6

Dear Parents and Caregivers

'Crunch & Sip' is a NSW Health Initiative/Program that has been operating in schools for many years.

Its Purpose:

- To encourage in students, healthy eating habits while at school.
- To increase awareness of the importance of eating fruit and vegetables and drinking water each day.

Blacktown South Public School has implemented the 'Crunch & Sip' program - K-6 over the last 2 years.

Crunch & Sip will be a set time each day for students to 'refuel' on fruit and salad vegetables and 'rehydrate' with water.

Studies have shown that students who are not hungry and are well-hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive.

All students are encouraged to bring to school each day:

- A small container of fruit or salad vegetables pre-cut into a manageable size.
- We ask that the fruit or vegetable be of the less messy type such as carrots, celery, apples, snow peas and strawberries **not** oranges or mandarins that can become very sticky.
- It should be **fresh fruit or vegetables** – **not processed fruit** like 'fruit bars' or 'fruit wraps'.
- A drink bottle of water.



Please note:

- **This is an extra snack in addition to recess and lunch.**
- **This is an optional activity.** We are not insisting that students bring an extra snack to school.

Class teachers will choose a suitable time that fits with the class timetable during the morning session to participate in Crunch & Sip. In many instances, teachers will have 'Crunch & Sip' running while students continue on with their work.

I thank you for your cooperation,

Mr A Bowmer
Principal