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 PDHP 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 at least four times a year either as 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 at least two times a year either as talks, newsletters, brochures etc.

4. Monitoring and Evaluation
4.1 The Fruit and Water Policy will be reviewed annually and recommendations will be made for improvements if necessary. Continue to evaluate and update the nutrition component of the curriculum.
4.2 Assess plans to develop an environment that positively encourages fruit and water consumption.