GOALS

- To increase student, parent and staff awareness of the importance of consuming fruit, vegetables and water on a regular basis.
- To encourage students, teachers and staff to consume fruit/vegetables during the day (perhaps at a predetermined allocated break) in the classroom.
- To encourage students, teachers and staff to drink water regularly throughout the day in the classroom and during break times, sports, excursions and camps.
- To encourage parents to provide students with fruit/vegetables to be eaten at school in the classroom.
- To develop strategies that ensure access to fruit/vegetables to students at Walpole Primary School who do not access fruit/vegetables regularly.

WHY SHOULD WE HAVE A FRUIT AND WATER POLICY?
(adapted from “The Learning Revolution” – Vos and Dryden Pp 134)

Like any other complex piece of machinery, the human brain requires energy to operate efficiently – this energy comes from the food we eat. The brain is a heavy user of energy – despite only making up about 2% of the body’s total weight it uses about 20% of the energy we generate. For energy the brain requires plenty of glucose, which is why fruit and vegetables are so important – they’re a good source of glucose. Brain messages flow around the body as a result of interchanging brain electricity and chemical flows between connecting points and other cells (these links or gaps are known as synapses). The source of brain electricity is good food combined with oxygen obtained through breathing. The brain also requires a constant supply of other nutrients – two of the main ones are sodium found in most foods and potassium which is found mainly in fruit (especially bananas, oranges, apricots, avocados, melons, nectarines and peaches) and vegetables (especially potatoes, tomatoes, pumpkin and artichokes). Fruit and vegetables also provide essential vitamins and minerals.

PERSONS EXPECTED TO BE INVOLVED IN THE DEVELOPMENT AND REVIEW OF THE FRUIT AND WATER POLICY

- The Walpole Primary School Fruit and Water Policy Committee shall include representatives from all sectors of the School. The Committee shall comprise the Principal (or his representative), teachers, parents, gardener, students, the School nurse and Walpole DOH Dietitian (also the Physical Education teacher and a representative from the School canteen as applicable).
- The final version of the policy is to be presented to the School Council for endorsement.

IMPLEMENTING THE FRUIT AND WATER POLICY

Disseminating information about the policy to the School community.

- The policy shall be displayed in the School’s policy and procedures manual.
- The policy shall be included in the School’s handbook for parents.
- Parents will be informed of the School’s during student enrolment.
- The School community shall be reminded of the policy at least once each term via either talks, newsletters or brochures, etc.

Increasing awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

- Incorporate nutrition programmes into the appropriate key learning areas of the School curriculum.
- Provide teachers with up to date nutrition information.
- The School community shall be provided with nutrition and hydration information at least once each term via either talks, newsletters or brochures, etc.
Guidelines for consumption of fruit and water.

**Fruit/Vegetables**

<table>
<thead>
<tr>
<th>Permitted Foods</th>
<th>Foods Not Permitted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td>– fresh</td>
<td>fruit leather/roll-up</td>
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<tr>
<td>- canned in natural juice</td>
<td>jams, jellies, pies, cakes</td>
</tr>
<tr>
<td>- dried fruit (sultanas, dried apple, etc)</td>
<td>fruit Juices</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>- fresh</td>
<td>potato crisps/chips</td>
</tr>
<tr>
<td>- canned</td>
<td>vegetable chips</td>
</tr>
<tr>
<td>Drinks</td>
<td></td>
</tr>
<tr>
<td>- plain water</td>
<td>cordial, cool drink, juice or milk</td>
</tr>
</tbody>
</table>

*Other foods are not allowed*

☆ Teachers will encourage students to daily consume at least one piece of fruit/vegetable in the classroom each day.
☆ Students who bring fruit will be encouraged to share their fruit with other students.

**Water**

☆ Only plain water is to be consumed in classrooms.
☆ Teachers will encourage students to drink at least 500 mL of water daily in the classroom.
☆ Students who do not bring a water bottle to School will only be permitted to leave the room to obtain a drink in extreme circumstances (it will be assumed that they will have taken a decision that they do not require a drink during class time).
☆ Students will not be permitted to share water bottles.

**Physical Education and Sport**

☆ All students and teachers will be encouraged to drink from their own water bottle during PE and sports classes.

**Camps and Excursions**

☆ Each student will be expected to have their own water bottle for all camps and excursions.

**Adult Role Modelling**

☆ Teachers and parents will model appropriate consumption of fruit and water to reinforce the policy.

**Occupational Safety and Health**

☆ Water bottles will be taken home daily for washing.
☆ Parents will be informed of the importance of rinsing fruit.
☆ Students will be informed of the importance of washing hands.

**Supportive Environments**

☆ The School canteen (if applicable) will sell fruit at cost.
☆ The School will maintain a clean and safe water supply from which all students can refill water bottles.
☆ The School has a plan in place to ensure access of fruit for all students who do not access fruit regularly.
☆ Donations of fruit and vegetables from local orchards/families will be made available to all students who do not access fruit regularly.
☆ The School through its Science and Health Education programmes will endeavour to grow a range of fruits for own consumption.

**MONITORING AND EVALUATION**

- The Fruit and Water Policy shall be reviewed annually and improvements (including updating the nutrition component of the curriculum) recommended where necessary.
- Development of an environment that positively encourages fruit and water consumption.