



# Fruit, Vegetable and Water Policy



## Rationale:

Footscray West Primary School supports students to establish healthy eating habits whilst at school, through a designated break, where they can eat fruit or vegetables, and drink water in the classroom.

## Aims:

- Increase student awareness of the importance of consuming fruit, vegetables and water;
- Encourage students and staff to consume fruit/vegetables during an allocated Fruit and Vegetable break in the classroom;
- Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sports, excursions and camps;
- Encourage parents to provide students with fruit/vegetables for the break.

## Implementation:

### Teachers will:

- Set a fruit and vegetable break time each day in the morning or afternoon, ideally at 9.50am or 10.40am.
- Encourage students to eat a piece of fruit or vegetable in the classroom during the designated break.
- Encourage students to drink a bottle of water in the classroom throughout the day.

### *Guidelines for the consumption of fruit, vegetables and water:*

#### **Fruit and Vegetables**

- Only fresh fruit and vegetables are to be consumed

#### **Water**

- Only plain water is to be consumed in the classroom.

#### **Sport**

- All students will be encouraged to drink water during PE and sports classes.

#### **Camps and Excursions**

- All students will be encouraged to bring an individual water bottle for all camps and excursions.

#### **Occupational Health and Safety**

- Water bottles are to be washed regularly;
- Students will be informed of the importance of not sharing their bottles with anyone else.

## Evaluation:

- This policy will be reviewed as part of the school's four year policy review cycle.

