



Star of the Sea School

'Crunch and Sip'
Policy

Open Hearts Open Minds
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Star of the Sea School
Henley Beach

'Crunch and Sip' Policy

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SCHOOL VISION STATEMENT

Our school is built on the core values of respect, inclusivity, compassion, collaboration and honesty. We support our families as the first and foremost educators of their child's faith development. Our vision paves the way for educating students for the 21st century but also draws from our history and tradition.

We guide our learners to be self-managed, innovative and critical thinkers who have a strong sense of who they are and their relationship in their world. As a learning community, we value the skills necessary to build meaningful relationships and for learners to be connected to each opportunity to develop their own personal growth. We encourage our learners to question, explore and discover so they actively contribute to a more compassionate society.

PURPOSE

Crunch and Sip (Fruit Break) is an additional and optional break for students to eat fresh fruit or vegetables and to drink water in the classroom.

SCOPE OF POLICY

Star of the Sea introduced Fruit Break to support students to establish healthy eating habits whilst at school.

Providing a Fruit Break:

- ◆ Increases awareness of the importance of eating fresh fruit or vegetables and drinking water every day.
- ◆ Gives students, teachers, and staff the opportunity to eat fruit or vegetables during an allocated break time in the classroom.
- ◆ Encourages parents to provide students with fresh fruit or vegetables every day.

CLASSROOM PRACTICES

<i>Teachers will:</i>	<ul style="list-style-type: none"> • Set a time for fruit break every morning at approximately 10.00am. • Encourage all students daily to eat fresh fruit or vegetables during the designated fruit break. • Encourage students to drink water in the classroom throughout the day.
<i>Students will:</i>	<ul style="list-style-type: none"> • Bring fruit or vegetables to school each day to eat during the break. • Ensure they have a filled water bottle daily that is left in their classroom with easy access to drinking throughout the day.

FRUIT AND VEGETABLE GUIDELINES

Fruit	<ul style="list-style-type: none"> • All fresh fruit is permitted • Dried fruit is permitted
Vegetables	<ul style="list-style-type: none"> • All fresh vegetables are permitted
Grains	<ul style="list-style-type: none"> • Plain savoury biscuits and crisps are permitted
Water	<ul style="list-style-type: none"> • Only plain water is to be consumed

Allergy Awareness School

Star of the Sea School is ALLERGY AWARE.

Star of the Sea School is concerned about the safety and well-being of all our students. Many of you will know someone who is affected by anaphylaxis, a life-threatening allergic reaction. Our school is committed to being an allergy-aware environment. Staff have received comprehensive training in managing severe allergies, and we have implemented a range of strategies to help ensure the safety of students at risk of anaphylaxis. We have several students who live with the risk of anaphylaxis to foods and insect stings.

Whilst these children are being taught to care for themselves at an age-appropriate level, we ask that you help us educate your child on the importance of not sharing food with others, washing hands after eating and calling out to an adult if they think their friend with allergies is sick. With increased awareness and understanding of anaphylaxis, you will be able to help protect those around you.

A food allergy is an immune system response to a normally harmless food protein that the body believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing, gastrointestinal tract, skin, and/or heart. Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

It is estimated that up to 400,000 (2%) Australians, including 1 in 20 children suffer from food allergies and some of them will experience a life-threatening (anaphylactic) reaction.

Mild to Moderate Allergic Reaction	Severe Allergic Reaction Anaphylaxis
<ul style="list-style-type: none"> • Tingling of the mouth • Hives, welts or body redness • Swelling of the face, lips and eyes • Vomiting, abdominal pain (note these are the signs of a severe allergic reaction if the person has insect allergy) 	<ul style="list-style-type: none"> • Difficult/noisy breathing • Swelling of the tongue • Swelling or tightness in the throat • Difficulty talking or hoarse voice • Wheeze or persistent cough • Persistent dizziness or collapse • Egg, milk, peanut, tree nut (cashew, almond, pistachio etc) • Wheat, sesame, soy, • Fish, crustacea (prawn, lobster, crab etc)

Peanuts are the leading cause of severe allergic reactions, followed by tree nuts, shellfish, fish and milk.

Adrenaline/epinephrine is the first line treatment for severe allergic reactions and can be administered via auto-injector, called the EpiPen®.

To learn more about anaphylaxis and food allergies, go to www.allergyfacts.org.au and www.allergy.org.au. As the only way to manage a food allergy is avoidance, the school has implemented several strategies to help prevent a severe allergic reaction. We can never totally eliminate the risk of an anaphylaxis, but we can all do things that will help lessen the risk. Please consider the child with food allergy when packing your child's lunch or when sending in food for any occasion, including school excursions. Foods that 'May contain traces of nuts or nut products' are fine for the non- allergic students to consume at school if they do not share food.

POLICY REVIEW

This policy will be reviewed annually to ensure it remains effective and relevant to the needs of our school community.

REVISION RECORD

Implemented	24 th February 2025
Ratified by School Board	17 th February 2025
Last Reviewed	17 th February 2025
Next Review	31 st January 2026

RESOURCES AND RELATED POLICIES

- <https://www.crunchandsip.com.au>