

Crunch&Sip[®]

CASE STUDY | GUNDAGAI SOUTH PUBLIC SCHOOL

The staff at Gundagai South Public School wanted to change the way the school's 'fruit break' - now called Crunch&Sip - was implemented in classrooms to ensure all students were able to take part in it.



"We wanted to make sure that all the fruit and vegies students brought in was being shared with the whole class," says Jacinta Wheeler, a teacher at Gundagai South.

Jacinta introduced a reward chart system in her own classroom to encourage all students to consistently bring in fruit and vegies for Crunch&Sip, plus helped created 'Wellbeing Wednesday' with an afternoon fruit and vegie break sponsored by the local Woolworths.

"Everyone on staff, including our principal, Pip McAlister, were actively involved in making Crunch&Sip and our Wellbeing Wednesdays a success," Jacinta says.

"We pride ourselves on promoting a healthy school, and hold healthy recess and lunch awards, plus collect data so we can catalogue lunch box items."

Crunch&Sip now occurs every morning and on Wellbeing Wednesday afternoons.

The program has also crossed over to the school canteen and in the classroom.

"We have a vegie garden that is tended by older students and all vegie produce, such as carrots, broccoli, beans, tomatoes, spinach and capsicums, are available to buy in the canteen as well as being munched on during Wellbeing Wednesdays."

Staff members also use vegie garden produce in the classroom with students, creating vegie pasta bolognese and spinach triangles to taste. The school staff hopes to implement more cooking activities with students in the future.

FAST FACTS

Gundagai South Public School is a small school situated in rural Gundagai, around 400 kilometres south-west of Sydney. It is family-oriented and easily caters for the individual differences and needs of all students. It also boasts dedicated staff, a spacious playground and well-appointed classrooms. Approximately 45 out of the total 60 students participate in Crunch&Sip, across all K-6 classes.

