

# Crunch&Sip®

## CASE STUDY BOSSLEY PARK PUBLIC SCHOOL



### About the school

**Bossley Park Public School is a primary school in Sydney's western suburbs.**

Around 420 students attend the school across Kindergarten to Year 6. Established in 1890, it has a tradition of academic excellence, equity and innovation, plus a strong nurturing environment. Its primary learning curriculum includes whole-class, group and individual activities designed to develop an inquiring mind and teach basic learning skills needed for later life.

**The Live Life Well @ School committee at Bossley Park Public School is the driver behind the Crunch&Sip® program. But it hasn't always been smooth sailing.**

"We trialled the program about two years ago to gauge community interest and support," says Principal Tracey Betts. "When we introduced it across K-6 classes this year, we found the support was overwhelming."

Now with a whole-of-school focus, 90% of the student body participate in Crunch&Sip at any one time, with just a handful who don't have fruit and/or vegetables regularly. These students are invited to access the school's fruit and veggie box.





**“We started to promote it through a school poster competition which the kids loved...”**



### Promotion is key

Crunch&Sip was introduced by the school’s Live Life Well @ School committee, who saw the benefits of the program and how it helps to raise awareness about the importance of healthy eating.

“The committee was very supportive and so were other members of staff,” Principal Betts says. “We started to promote it through a school poster competition which the kids loved, and on launch day put up colourful balloons around the school and gave copies of the winning poster to each classroom.”

Assistant Principal Frances Nobile approached the local Coles supermarket and asked if it could help out with fruit and vegetable donations.

“It really does help provide for students who might not always be able to bring in fruit and veg due to hardship or financial reasons. Coles has supported us since the launch and will do so into the future,” she says.

Since the launch, Crunch&Sip has been a favourite activity for the students at Bossley Park Public School. The program has also been well supported by parents, with most providing pre-cut and easy to eat fruit and/or vegetables in their child’s lunch boxes every day.



### Ongoing benefits

Bossley Park Public School has now introduced nutrition activities to further support and promote Crunch&Sip in the community. The school website has a regular news feature with information snippets and tips about healthy eating and how to create healthy habits that will last a lifetime.

The Live Life Well @ School committee also ran a four-week healthy lunch box initiative in Term 3 this year that saw parents tick a box each time they packed a healthy lunch.

The school encourages students to draw the fruit and vegetables they bring in for Crunch&Sip which they love, and held a ‘Rainbow Day’ for Fruit & Veg Month which also helps to support the program.

