



# TREETOPS MONTESSORI SCHOOL

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## Food and Nutrition Policy

Treetops Montessori School has introduced *Crunch & Sip* to support students to establish healthy eating habits whilst at school. An objective of *Crunch & Sip* is to increase awareness of the importance of eating fruit and vegetables and drinking water every day. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

1. As a certified *Crunch & Sip* school, Treetops encourages students to eat fruit and vegetables and sip water routinely during class time.
2. Treetops Montessori School will encourage healthy eating practices through classroom education, Parent Information Evenings and periodically through articles in newsletters etc.
3. The School requests that parents do not send lollies, chocolate, sugary snacks, fizzy drinks or anything of this nature to school. If teachers see children with such items, they will be held until home time and then returned to the parent.
4. Parents of children with particular food allergies are required to include the details on their child's "Student Health Record and Emergency Contact Sheet" and if required supply the school with an appropriate health plan. All staff are required to familiarise themselves with the child's condition.