

# Crunch N Sip

“Crunch N Sip” at Mount Pleasant Primary School.

You can sip water throughout the day and your water bottle must be on the floor next to a leg of your desk.

You can crunch on raw/non-processed fruit or vegetables that have been chopped up into mouth sized pieces and peeled.



Nobody is to have a “crunch” until after forty five minutes has passed from coming into class.

When teachers are giving instructions, listen and wait until they have finished before you begin to eat.

Store your crunch in a recyclable container at the corner of your desk.

If you like bananas please eat them at lunch or recess.