



Teacher Toolkit

Crunch&Sip® background

Crunch&Sip® is a set time during the school day for students to eat vegetables and fruit and drink water in the classroom. The program provides a daily opportunity for students to eat an extra serve of veggies and hydrate with water, improving physical and mental performance and concentration, as well as promoting long term health.

Event details

Our annual Crunch & Move event has become a much-loved month for students as they combine nutrition and physical activity breaks by crunching on veggies and moving their bodies more during in-class breaks every day in MAY! Providing opportunity for refresh and refuel moments helps students stay focused, making Crunch & Move an ideal *brain break* to punctuate learning blocks.

The Crunch & Move event is free and available to all WA primary schools. Participation includes stopping for a vegetable Crunch&Sip break as well as engaging in daily movement activities every day of the month.

As only six per cent of primary school kids in Australia eat their recommended daily serves of vegetables, schools are specifically asked to encourage veggies only for Crunch&Sip® during this event.

To encourage more movement and highlight the importance of taking regular brain breaks, schools are provided with a range of movement ideas that cater for all ages and help students get the most out of their day.

Receiving your classroom resource pack

Registered classrooms will receive a resource pack before the start of May. If you haven't received a resource pack, please contact your local post office to make enquiry. For issues concerning lost packages, please contact us at crunchandsip@cancerwa.asn.au

What will be in the resource pack:

- Calendar card for each student
- Set of yoga cards (*if opted in*)
- Fitness dice (*if opted in*)
- A sticker sheet

- Classroom prizes
- Paper copy of survey

In addition, we have a wide range of digital resources that you can utilise for the classroom and use to promote the event to parents. Please see below, please note it is **not** compulsory to use digital resources.

Informing parents about the event:

Notify parents that your classroom is taking part

Classrooms are encouraged to send a letter to parents (provided below) to inform them that the classroom is participating in Crunch & Move. During our events we encourage kids to **bring veggies only** for Crunch&Sip®. Sending the letter home will help families prepare.

Share in your community newsletter or classroom communications

Schools and classrooms are encouraged to promote Crunch & Move in their newsletter, E-news or group communications to further spread the word. We have included newsletter inserts below.

Share the event on social media

We are encouraging schools to help promote this event by sharing our content on their social media channels.

When sharing Crunch & Move content, please tag Crunch&Sip® with the relevant handles.



[@crunchandsipbreak](https://www.facebook.com/crunchandsipbreak)



[@Crunchandsip](https://www.tiktok.com/@Crunchandsip)

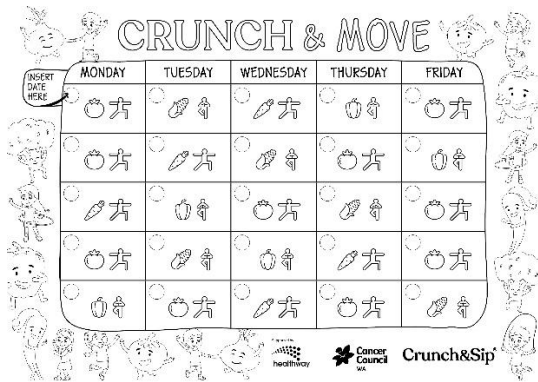


[@crunchandsip](https://www.instagram.com/crunchandsip)

Contact us

If you have any questions about our social media content or the Crunch & Move event, please contact Cancer Council WA's Crunch&Sip® team.

Email: crunchandsip@cancerwa.asn.au

Resource	Digital download	Print instructions and how to use
Classroom resources		
NEW Mini Movement Moment activity cards 	Download here	This year we are bringing you something new. A set of 11 NEW Mini Movement Moment activity cards for use in the classroom. These movement breaks need no equipment, minimal instructions and can be adapted for different ages and skill levels. Our Mini Movement Moments make it easier to build brain breaks into the day and boost concentration. Our Mini Movement Moment activity cards are available for download on the website, or using the link provided here. Each week across the month you will receive a Monday Morning Crunch & Move Inspo email with supporting information and tips to help teachers get the most out of the event.
NEW Kindy – Year 4 calendar 	Download here	Calendar cards for each student have been sent to registered classrooms in the resource pack. If additional copies are required, download and print on A4 paper. The calendar card is to be used to record daily Crunch & Move activities. Students will colour the corresponding icon to show they have eaten a serve of vegetables or stopped for a movement break.

NEW Year 5/6 calendar

KEY 🍌 = 1 SERVE OF VEGGIES 🏃 = 1 MOVEMENT BREAK

CRUNCH & MOVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
At the end of each week turn over and answer the questions.	At the end of each week turn over and answer the questions.	At the end of each week turn over and answer the questions.	At the end of each week turn over and answer the questions.	At the end of each week turn over and answer the questions.
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Keep track of your Crunch & Move moments by colouring in the icons each day. At the end of the month, tally them up and answer questions about your eating and movement habits on the back of the calendar card.

healthway Cancer Council WA Crunch&Sip®

Download [here](#)

Calendar cards for each student have been sent to registered classrooms in the resource pack.

If additional copies are required, download and print on A4 paper.

This calendar card is to be used to record daily Crunch & Move activities. Students will keep a tally across the day and colour the corresponding icon every time they eat a serve of vegetables or stop for a movement break.

This year, we ask Year 5 and 6 students to fill out the evaluation questions on the back of the calendar card each week and add their total tally at the end of the month.

Please fill in the teacher sender slip and return the completed calendar cards at the month using the reply-paid envelope. Classrooms who return their calendar cards will go in the running to win an exciting Crunch&Sip® classroom pack.

Yoga cards

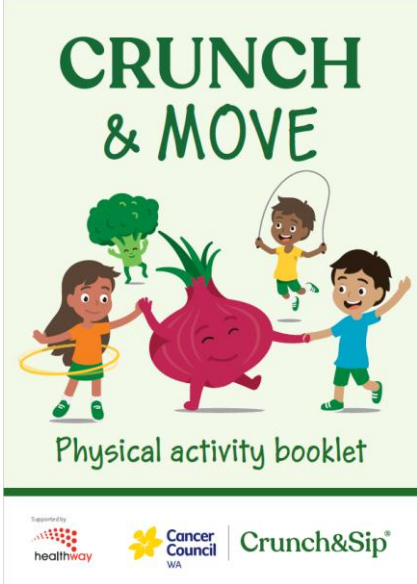


Download [here](#)

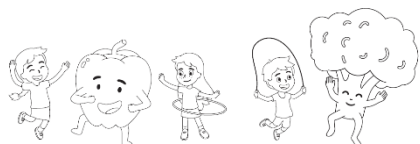
One physical copy of the yoga card deck has been sent to each classroom (*if opted in*) that registered to take part in the event.

If additional copies are required, download and print on A4 paper.

This resource is used as a prompt to show fun ways to include daily movement into your classroom routine.

 Fitness Dice Suggested game - Roll the movement dice with the partners. - Roll the number dice to choose how many repetitions to do the exercise for. - Roll the number dice to choose how many seconds to do the exercise for. - Roll the number dice to choose how many times to do the exercise for. Crunch&Sip® Supported by healthway Cancer Council WA	Download younger years here Download older years here	Physical activity dice have been sent to each classroom (<i>if opted in</i>) that registered to take part in the event. If additional copies are required, download and print on thick A3 paper. This resource is used as a prompt to show fun ways to include daily movement into your classroom routine.
 CRUNCH & MOVE Physical activity booklet Supported by healthway Cancer Council WA Crunch&Sip®	Download here	Looking for something more structured? The Crunch & Move physical activity booklet outlines a range of outdoor activities for classrooms to play during their movement break. These require minimal resources and are quick and easy to set up. This resource is a digital download only, additionally it can be printed into an A5 booklet.

CRUNCH & MOVE





 Crunch&Sip

Download [here](#)

For additional classroom activity ideas, we have a range of colouring-in sheets available for digital download and printing.

Download print version [here](#)
 Download editable version [here](#)

Use the Crunch & Move classroom tracker to keep a record of participation. Record the students weekly tally and end of month total to see how you went! Feel free to share your results at the end of the month by sending in a picture of the tracker to crunchandsip@cancerwa.asn.au

This resource is available to download via the website. It comes in both a digital editable version as well as a printable version.

Display on a smart board or print on A1 card and display in the classroom.

Promotional resources			
	 CRUNCH & MOVE Our school is participating in Crunch & Move, where students challenge themselves to crunch on vegetables for Crunch&Sip® and add more movement into their day during the month of May. This year there are some new rewards and activities for the whole classroom to enjoy! Please send vegetables for your child to eat for Crunch&Sip® during May: snow peas, a whole celery stick, cut up cucumber or capsicum, cauliflower florets, cherry tomatoes or carrot sticks are all great choices. Find out more at www.crunchandsip.com.au/event/crunch-and-move Crunch&Sip®	Download here	Use for newsletters or E-News
	 CRUNCH & MOVE Benefits of physical activity Physical activity is highly beneficial and essential for kids development, yet most (74 per cent) aren't getting enough movement in their day. (AIHW, 2022) Health benefits of kids being active include: • Increasing bone, muscle, heart, and lung strength • Improving coordination, balance, posture, and flexibility • Supporting growth • Maintaining a strong immune system Here are loads of broader benefits too! Being active can teach kids to: • Feel calm and more relaxed • Build self-esteem and confidence • Improve communication skills • Share, take turns and cooperate • Form social connections and feel part of a community Find out more at www.crunchandsip.com.au/event/crunch-and-move Crunch&Sip®	Download here	Use for newsletters or E-News
	 CRUNCH & MOVE Different types of physical activity Physical activity is simply moving our bodies. This can include walking, riding on toys, water play, running around the backyard, or playing team sports. Physical activity can be classified as light, moderate, vigorous, or strength based. Light physical activity requires little effort and doesn't noticeably change heart or breathing rate. This can include strolling, standing up and putting a toy, or watching the garden. Moderate physical activity requires more effort causing a little change in breath. Vigorous physical activity requires the most effort and will increase heart rate, as well as cause huffing and puffing. Strength-based physical activity helps build strong muscles and bones. This can include climbing, swinging on monkey bars, or yoga. Find out more at www.crunchandsip.com.au/event/crunch-and-move Crunch&Sip®	Download here	Use for newsletters or E-News

		Download here	Use for newsletters or E-News
		Download here	Use for newsletters or E-News
Letter to parents 		Download here	Use for newsletters or E-News

Crunch&Sip® Crunch & Move media tiles and blurbs

Social tiles and links	Facebook copy	Instagram copy	Hashtags
	Copy and paste directly into a Facebook post, and tag @Crunchandsip	Copy and paste directly into an Instagram post, and tag @crunchandsip	Instagram best practice: post your hashtags as the first comment on your post. Facebook best practice: include the tags below the main text in the caption.
 Download here	We are participating in the Crunch & Move event starting in May! Crunch & Move encourages students to crunch on veggies and move their bodies more every day in MAY! We will be adding daily movement moments across the school day and would love to see veggies being packed for Crunch&Sip® throughout May! Don't forget veggies can be raw, steamed, roasted or tinned anyway your kids like it. You will receive a letter to give you more information but also feel free to check out the Crunch&Sip® website https://www.crunchandsip.com.au/event/crunch-and-move	We are participating in the Crunch & Move event starting in May! Crunch & Move encourages students to crunch on veggies and move their bodies more every day in MAY! We will be adding daily movement moments across the school day and would love to see veggies being packed for Crunch&Sip® throughout May! Don't forget veggies can be raw, steamed, roasted or tinned anyway your kids like it. You will receive a letter to give you more information but also feel free to check out the Crunch&Sip® website *add link to bio*	#crunchandsip #waprimaryschool #crunchandmove #dailymovement #veggies #childrensnutrition #schoolnutrition #physicalactivity #healthykids #movemoremay

		https://www.crunchandsip.com.au/event/crunch-and-move	
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Thank you for your support!