FRUIT AND WATER POLICY

School is a wonderful time for starting and developing healthy habits which will last throughout your child’s life – lifelong learning, being physically active, and eating the right foods to promote and maintain health. Illaroo Road has long been a leader in physical education – sport, fitness, personal development - and, looking at the research on the long-term health effects of early good nutrition we have decided to introduce a Fruit and Water Policy to the school.

Water in the Classroom
Students are to be encouraged to bring a sports bottle of water to school every day, leaving it on their desks or in a special area designated by their teacher, and to keep having frequent sips of fresh, plain water. (You don’t have to buy a special bottle – recycled ones are fine!) Please note, it must be fresh, plain, room temperature water. Don’t freeze the bottles overnight – the sudden rush of icy water can cause tummy aches, as well as making a puddle on a desk as it condenses water. No cordial or flavourings will be allowed. It is particularly important that we keep our children well-hydrated – that is, that we keep them sipping little bits of water, often. There is a lot of research to suggest that this will help young brains concentrate and work better, so that our kids can get more out of school.

Fruit Every Day
There is also a lot of research telling us that eating a piece of fresh fruit every day can give a child long-term protection against heart diseases, diabetes, high blood pressure and some forms of cancer. Each child is to be encouraged to bring a small piece of fresh fruit (this includes dried fruit and fruit in natural juice – but not in metal containers. The ring-pulls are very difficult for little fingers and the metal lids are very sharp!) Each teacher will choose a time when the whole class can share fruit: often this will be at lunch time. This has the added benefit of giving the children extra energy to play at lunch time and to concentrate all afternoon.

This policy has the wholehearted support of staff, Parents and Citizens Association and School Council. It is a small way to contribute to our children’s health and to give every Illaroo Road child a little bit more of an edge as they race towards the future.

FRUIT ART COMPETITION!!!
To celebrate the introduction of our Fruit and Water Policy we are having a monster competition to find the best artwork (one from Infants, one from Primary) showing the wonderful fresh fruit we have access to in Australia and why it is good for us! The artwork can be of any size (but nice, big, bright posters are good!!) and can use any media and will be displayed in our school hall.

The winner in each section will be presented with a big basket of juicy, fresh, sweet fruit to share with his or her class! Yumm!!