



# Junction Park State School

*Empowering Minds, Building Futures*  
Connected - Courageous - Curious



## **BRAIN BREAK POLICY**

## BRAIN BREAK

Brain Break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Junction Park State School has introduced Brain Break to support students to establish healthy eating habits whilst at school. Brain Break is a time during the school day when students can 'refuel' on fruit and salad vegetables and 'rehydrate' with water. In addition, each student has a small bottle of plain water to drink throughout the day to prevent dehydration.

## GOAL

All students and teachers at Junction Park State School enjoy a Brain Break and eat fruit or vegetables and drink water in the classroom every day.

## OBJECTIVES

The objectives of the Brain Break are to:

1. Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
2. Enable students, teachers and staff to eat fruit or vegetables during an allocated Brain Break in the classroom.
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. Encourage parents to provide students with fruit or vegetables every day.
5. Develop strategies to help students who don't have regular access to fruit and vegetables.

## IMPLEMENTING BRAIN BREAK

### In the classroom

Teachers will:

- set a Brain Break time each day in the morning
- encourage all students daily to eat a piece of fruit or vegetable in the classroom during the designated Brain Break time while continuing an engaged learning activity
- encourage students to drink from a bottle of water in the classroom throughout the day

Students will:

- wash and sanitise their hands prior to the Brain Break
- bring fruit or vegetables to school each day to eat at the break
- wash their water bottle and fill it with water daily

The school community:

- will provide fruit or vegetables for students who have not been able to bring some from home

### **Disseminating information to parents and staff**

The Junction Park State School community will be made aware of Brain Break by including details:

- in the school parent handbook
- during student enrolment
- on the school website
- newsletters or brochures etc
- staff newsletter

## **FRUIT OR VEGETABLES AND WATER GUIDELINES**

### **Fruit**

- All fresh fruit is permitted (e.g. whole fruits, chopped melon).
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices).
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas).

### **Vegetables**

- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.).

### **Water**

- Only plain water is to be consumed in the classroom.

### **Foods not permitted at the designated Brain Break**

- All other foods - cheese, yoghurt, crackers, etc.
- All other drinks (including water with added vitamins, minerals, or carbonates) are not permitted including:
  - fruit juice or fruit juice drink
  - fruit cordial or mineral waters
  - vegetable juices

## **CREATING A SUPPORTIVE ENVIRONMENT**

Junction Park State School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake, at the following times:

### **Physical Education and Sport**

All students will be encouraged to drink water from a water bottle during physical education and sports classes.

### **Camps and Excursions**

All students will be required to bring an individual water bottle for all camps and excursions.

### **Adult role modelling**

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Brain Break policy.

### **Occupational Safety and Health**

- Water bottles are to be washed daily.
- Students will be informed of the importance of hand washing before eating.
- Students will be required to wash their hands before eating.

### **School Tuckshop**

- The school tuckshop will sell fruit.

### **School management**

- Maintain a clean and safe water supply for students to refill water bottles.

