

### **Dear Parents/Caregivers**

We have 3 food breaks during a day at school.

The first is a five minute 'brain food' snack about 10.00 am when the children eat something healthy. We would suggest that you prepare pieces of fruit or vegetables, a hard-boiled egg, cheese, or dry nuts as "brain food". Should your child have an allergic reaction to any food, it is important to let the class teacher know. Apples, mandarins, carrots, and oranges should be peeled or cut into pieces at home and put into containers as there is only a short time to eat and we don't want the children making a mess in class.

The next break is morning tea at 10:50 am. The children can have whatever they like at this time but we recommend that if you are giving them yoghurt you put it in a smaller container and bring a spoon.

Our third break is for lunch at 12:40 pm. If your child is bringing a thermal and a spoon please write your child's name on all your utensils. Should your child have their lunch delivered to school please drop it off at the school office so that the class lesson is not disturbed.

Our school is a "rubbish free" school, so the children will be bringing their wrappers and scraps home in their lunchboxes.

It would be best that the foods are packed into separate sections of the lunch box. Please make sure that all your things bought to school are named and bring a water bottle. It may be filled at the sinks in the 'awhina' space where there is filtered water available in the 'skinny' taps.

Can you also make sure that your child can independently open and close their lunchbox. Sitting down with peers and eating food out of a lunchbox is often a new experience for new learners at school, so we suggest that you practise this at home to ensure that all food is not eaten in one sitting.