



# PEAK HILL PRESCHOOL KINDERGARTEN INC.

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## Hi families and friends of PHPS,

Welcome to our new and returning families. We are looking forward to another busy and fantastic year at PHPS!

### Family goals

Thank you to those families who completed the Family Goals sheet on OWNA. This information has been used to set learning goals for your child for this term. If you didn't complete the form, goals have been set from observations and knowledge of your child by educators. (The form is no longer available on OWNA).

### OWNA App

An OWNA cheat sheet was sent home to every family last week. A reminder each parent/carer and authorised person have their own personal PIN. If you do not know yours, or one of your authorised persons needs a PIN, please let me know as these inform us who has dropped off or picked up your child for our records, and which are legal documents. If you haven't downloaded the app or can't find the email with your username and the link to download the app, please let us know so we can resend it to you. Also, if you need help with anything regarding the OWNA app please let us know so that we can help. We also ask that you check your details and those of your emergency contacts or people authorised to drop off/pick up and that these are kept up to date. They can be updated on the app.

### Fees 2026

Once again, this year Peak Hill Preschool is using the NSW Government Fee relief funding through the 2026 Start Strong for Community Preschools program to cover the full cost of fees to attend preschool for 2026 for up to 600 hours per year (15 hours per week). This is for those families who upon completing the Fee relief Declaration elected to receive the funding at Peak Hill Preschool. Term invoices will be sent through the OWNA app at the end of the term with a \$0 balance for your child's enrolled hours.

### Morning tea and Lunches

The preschool continues to provide morning tea each day for all children. Children choose a piece of fruit, a yoghurt pouch and 1 or 2 rice cakes.

It has been great to see such wonderful lunch boxes with healthy lunches and snacks for the children. We will soon be talking about 'everyday' and 'sometimes' food during group time and playing some games, identifying and talking about different foods and food that are good for us. We recommend children have their main lunch item ( a sandwich, wrap, or another lunch item) and then some fruit, yoghurt, homemade muffin, etc. **Please no roll ups, chocolates or lollies in lunch boxes.**

**We will encourage children to eat the healthiest snack first as per our Nutrition and Food Safety Policy**, which can be found on the OWNA app under Policies. **We are unable to reheat food due to Food handling requirements.**

Please see attached the PHPS Healthy Lunch Boxes @ PHPS info sheet Please remember to pack a water bottle each day with cool, fresh water.

Healthy eating, identifying our emotions and self-regulation, and healthy habits are some of the themes we are working on this term.

### Annual General meeting

Each year in March we hold our Annual General Meeting (AGM). We have no date at the moment but will let families know once a date is confirmed.

All preschool families complete a membership form on enrolment to become association members; from these members a management committee is elected at the AGM. Without an elected committee, the preschool cannot legally operate. If you are interested in joining the committee, please contact the preschool prior to the meeting for more information. The annual membership fee of \$1 is now due and is required to be paid by the meeting. The committee generally meets twice a term at a time which is convenient for all. The management committee is what is known as the Approved Provider in the Education and Care Service National Law and Regulations and all early childhood services must have an Approved Provider to operate. These members must also be approved by the regulatory authority (NSW Department of Education) to be on the management committee.

### Emergency Drills

Next week children, educators, admin and any visitors will participate in Emergency Evacuation and Lockdown drills. These drills are an important exercise to make sure we are prepared in case of a real emergency. They help keep us safe and enable us to implement processes, analyse their

## ON *this* MONTH

@PEAK HILL PRESCHOOL

First day Term 1 ----- 09/02  
Healthy Harold virtual visit -----23 & 25/02  
Brighter Beginnings 4 yo screening -----11/03  
Last day Term 1 -----02/04  
Easter Sunday -----05/04

### AROUND THE COUNTRY

Safer Internet Day ----- 10/02  
Chinese New Year ----- 17/02  
Ramadan ----- Feb 16 – Mar 18

performance and improve our practices. During this drill the children follow educators to the emergency assembly area and answer “here” when their name is called from the roll to make sure everyone in the service is present. Children are always explained the reason for the drills and often come up with their own scenarios where we might need to use the emergency procedures. Reg 97 (3)(a) requires that emergency and evacuation procedures are rehearsed every 3 months by the staff members, volunteers and children present at the service on the day of the rehearsal. The drills also provide an opportunity for parents and caregivers to discuss what to do in an emergency with your children. A fun link to NSW Fire and Rescue Brigade Kids is [www.brigadekids.com](http://www.brigadekids.com)

### **If your child is unwell**

At times children become unwell at home or at preschool. Families are advised to keep children at home if they are unwell. As a rule of thumb, if a child requires paracetamol (Panadol), they are not well enough to be attending preschool. If a child has been sick, they must be well for 24hrs before returning to the Service. For example, if a child is absent due to illness or is sent home due to illness, they will be unable to attend the next day as a minimum. If a child has had vomiting or diarrhoea, they must not attend preschool until 24 hours after the last loose bowel motion. For the safety and wellbeing of all the children who attend preschool and the educators, we ask that families adhere to these measures.

If a child becomes unwell at preschool, parents/carers will be contacted (or emergency contact if parents/carers are unavailable) to collect the child from preschool. If your child becomes unwell or has an accident at preschool, an Incident/ Injury/Illness report will be completed on the OWNA app for parents to acknowledge and sign.

Please let the preschool know if your child becomes ill with one of the following as we are required to notify the NSW Health Public Health Unit:

- Diphtheria
- Mumps
- Poliomyelitis
- Haemophilus influenzae Type b (Hib)
- Meningococcal disease
- Rubella (‘German measles’)
- Measles
- Pertussis (‘whooping cough’)
- Tetanus
- An outbreak of 2 or more people with gastrointestinal illness.

If your child has or is diagnosed with asthma or is at risk of anaphylaxis due to an allergy, we require a medical action plan signed by your doctor. This is for the well-being and safety of your child while at preschool, and so that staff know what to do in an emergency. The preschool asks that families do not send in foods containing peanuts or whole eggs. (Processed foods that contain eggs are fine).

### **Storytime**

Miss Jodi from the Peak Hill Library (a branch of Parkes Shire Libraries) continues to come to preschool for Story Time each Tuesday. The children sing songs, do activities and of course listen to a story or two read by Miss Jodi.

### **Musica Arioso**

This term we welcome Miss Gail from Musica Arioso to the preschool. Miss Gail will visit the preschool on Monday 2 March, Wednesday 18 March and Monday 30 March, and introduce the children to musical instruments and terms, sing songs and do some musical activities with the children.

Research shows that children love to move and dance to music and respond positively to repetitious songs. These silly songs provide endless enjoyment; and from an educational perspective, this repetition encourages language development and memorisation. In an age group where the child is finding their own voice, and learning to express themselves emotionally and physically, music is a highly beneficial part of that process.

### **Harmony Day**

Harmony Week is 16 March to 22 March. Harmony Week is a celebration that recognises our diversity and brings together Australians from all different backgrounds, with the theme being ‘everyone belongs’. On Monday 16 March and Wednesday 18 March, the children will have the opportunity to taste some food from different countries at morning tea. They can also wear orange clothing as orange is the official colour representing social communication, mutual respect, and cultural diversity. Throughout the week, we will also be talking about different countries, cultures, languages and some of their traditions. We hope the children will be able to share with you some of things they have learnt and talk about the food they have tried.

### **Health and Development Checks**

On Wednesday 11 March the 4-year-old Health and Development checks as part of the NSW Government Brighter Beginnings program will be held at the preschool and conducted by a Child and family nurse from NSW Health. Children’s weight and height will be checked, Lift the lip conducted to quickly look at the child’s teeth, and fine and gross motor skills, and speech will be screened in readiness for school next year. Children who have not already had these checks will be sent home forms this week. If you do not get one, it is because your child was either checked at preschool last year or at the doctors or by child and family nurse.

### **Spare Clothes**

Please remember to have a set of spare clothes in your child’s bag as sometimes they have toileting accidents, or they get wet or dirty playing and want to get changed. We have limited spare clothes at the preschool.

## Changes To How We Share Images at PHPS

Over time we've become increasingly aware of the risks involved in posting daily photos on platforms where images can be saved, screenshots, or shared beyond our preschool community.

While our intention has always been to help families feel connected, we also have a responsibility to ensure children's privacy and safety are protected — especially in online spaces.

Because of this and after much reflection as a team, we will no longer be posting daily photos of children on platforms where any parent can download or share images. Instead, we will be shifting our focus to sharing photographs that are meaningful and connected to each child's individual learning journey. These images will highlight learning outcomes, special achievements, and important moments — rather than large volumes of daily snapshots. They will be shared in more secure ways, with privacy, consent, and respectful use carefully considered.

This change aligns with Australia's updated child safety expectations, including the National Principles for Child Safe Organisations, which require organisations to create safe physical and online environments for children. It also reflects requirements under the National Quality Framework, which emphasises the appropriate use, storage, and sharing of children's images, as well as guidance from the eSafety Commissioner about protecting children's digital privacy.

In addition to this, recent changes to child safety laws and regulations in New South Wales now require approved early childhood services to have formal policies and procedures in place around the safe use of digital technologies and online environments, including how images and videos of children are taken, used, stored and shared, and how consent is obtained and managed. These requirements took effect from 1 September 2025 with additional measures in place from the 1 January 2026 as part of broader reforms to strengthen child safety across the early childhood sector in NSW.

In addition to these measures and in line with our *Safe Use of Digital Technologies and Online environments policy*, **parents, families and visitors to our preschool will NOT be permitted to use personal electronic devices, such as mobile phones**, smart watches or META sunglasses, to take photos, record audio, or capture video of children being educated and cared for at the Service. Staff, educators or visitors are also not permitted to use their personal devices to take images or videos of children while working with children and will only use service devices when taking photos or videos. You may sometimes see an educator with the preschool iPhone which is clearly identifiable. We also ask that when dropping off and picking up your child that parents/carers are not talking on their phones and that your phones are put away and that the main focus at this time be on your child.

Our goal is simple: To celebrate children's learning while protecting their dignity, identity, and safety. We know how special photos are, and we will absolutely continue sharing meaningful moments with you — just in a more

thoughtful and secure way. If you have any questions, please don't hesitate to reach out. Thank you for your understanding and continued support as we strengthen our child-safe practices.

**The last day of Term 1 is Thursday 2 April.**

If you have any questions or concerns, please don't hesitate to ask one of our educators or myself.

Cheers,  
Narelle Elias  
Director



## PEAK HILL PLAYGROUP



**Every Friday  
during school terms  
10:30am-12.30pm  
Boatswain House**

Playgroup is about getting together with other parents, children, babies, caregivers and families to have a positive parent/child interaction, share ideas, information and experiences in a casual and culturally safe environment that welcomes all community members.

For more information, contact us on **1800 067 067** or [ccwf.org.au](http://ccwf.org.au)



## 5 Minute MOVES

### KEEPY UPPY

Short simple activities to get some active minutes in the day.

This quick, high-energy game works for one child or the whole family. All you need is a single balloon. **The goal is simple:** keep the balloon in the air for as long as possible without letting it touch the ground.

Add fun variations to suit different ages: use only elbows, only knees, or one hand behind your back. Older children can try gentle taps or set a family record for longest time in the air. Try putting the sprinkler on for a really 'cool' challenge.

This game builds coordination, balance and teamwork, and always ends in laughter. Perfect for indoors, outdoors or days when you need a fast movement break.

# FOCUS: Understanding Quality and Safety in Early Childhood Services: What Families Should Know

Across Australia, all early childhood education and care services operate under the National Quality Framework (NQF). The NQF is the national system for regulating and improving the quality of early education and care. It is made up of several key, stable components including- the National Law and National Regulations which are the legal requirements all services must meet including staffing, health and safety, educational programs, physical environment and operational procedures. The NQF also includes the National Quality Standard (NQS) which defines what high-quality education and care looks like and feels like. This means that every service, regardless of type or location, follows a nationally consistent approach to quality. Recent legislative changes, have strengthened the National Law by making the safety, rights and best interests of children the paramount consideration for daily practices, policies and procedures in education and care services.

## A Safe, Calm and Predictable Environment

Creating a child-safe environment involves more than child-proof locks or soft flooring. Guided by the NQF, services design spaces where children feel physically secure and emotionally supported. This includes thoughtful room layouts, active supervision, predictable routines and warm, trusting relationships. Educators conduct regular safety checks, maintain equipment and ensure children can move freely and comfortably. You may notice furniture changes or outdoor updates such as improved shade, fencing or soft-fall surfaces—visible signs of the ongoing safety checks and continuous improvement processes required under the NQF.

## Hygiene and Everyday Health Practices

Good hygiene is a cornerstone of quality care. Under the NQF, services must maintain high standards of cleanliness and infection control. This may include daily cleaning schedules, sanitising frequently used equipment, wearing gloves for nappy changes, practising correct handwashing and following safe food-handling procedures. While the specifics vary between services, the aim remains the same: to maintain a healthy environment for all children.

## Child Protection and Wellbeing

Child protection is a major focus of the NQF. All persons working in education and care must have a valid Working With Children Check. Educators and staff understand child protection law and comprehend their mandatory reporting obligations and responsibilities in recognising concerns, responding appropriately and reporting to relevant authorities. From February 2026, all staff and educators will need to complete mandatory national child safety and protection training.

Equally important are the everyday interactions that help children feel emotionally secure—warm greetings, comfort when they're upset, listening to their ideas and supporting them to manage emotions. Safety is not only physical; it also includes feeling valued, respected and understood.

## Responding to Emerging Issues

As the world changes, so do the risks children may encounter. The NQF requires services to regularly review and update their policies to stay informed, prepared and responsive. Our policies support safe and consistent practice in areas such as:

- Digital safety and the responsible use of technology
- Smoke-free and vape-free environments
- Sun safety and monitoring UV levels
- Safe collection procedures and clear communication with families
- Allergy and asthma management with the need for current medical management plans for children with medical conditions
- Emergency preparedness, including evacuation and lockdown procedures

These policies provide clear guidance for educators and ensure we respond to safety matters calmly and confidently. All policies are available for families to view at any time—they are displayed within the service, and copies can be requested whenever needed.

## Partnerships With Families

The NQF emphasises the importance of strong partnerships with families. Quality and safety are strengthened when educators and families work together, share information and communicate openly. This may happen through daily conversations, family events, online platforms or policy updates.

## What This Means for You

For families, the NQF provides a consistent and reliable foundation for quality care. It means:

- Your child's service is monitored and assessed against the National Quality Standard and their quality rating must be clearly on display
- Children's safety, rights and best interests inform every decision, from room set-up to daily routines and interactions to financial decisions in the service
- Educators participate in ongoing professional learning
- Policies are reviewed and updated regularly to reflect mandatory law and regulations and current best practice
- Families can access, read and provide suggestions and feedback to policies at any time.

Most of all, it means your child spends their day in an environment purpose-built to support safety, wellbeing, learning and belonging.



For more information on the National Quality Framework (NQF) follow this QR code.



For more information on the National Quality Standard follow this QR code.

Source: [startingblocks.gov.au](http://startingblocks.gov.au)

## COUNT AND SORT

This activity supports number awareness, one-to-one correspondence, and early problem-solving.

**You will need:** Small household items (toy cars, buttons, pasta, pegs, blocks, or fruit) and few bowls or containers

**What to do:** Invite your child to place a small group of items on the table. Ask them to count how many there are, touching each item as they count. You can then sort the items by size, colour, or type and count each group together.

**Extend the learning by:** Asking, "Which group has more? Which has fewer?", Line items up and count forwards and backwards. Add or remove one item and count again.



# HEALTH & SAFETY: Self-Care Skills: Why Doing Things “By Themselves” Matters

In the preschool years, children are learning so much more than colours, letters, and numbers. Everyday self-care skills like toileting, dressing, and eating play a powerful role in children’s development. While these tasks may seem small to adults, they are big milestones for young children and help build independence, confidence, and a strong sense of self.

When children practise self-care skills, they are learning that they are capable. Pulling up their own pants, putting on shoes, or using a spoon independently sends an important message: “I can do this.” Over time, these moments of success help children develop confidence, resilience, and pride in their abilities.

## Toileting, Dressing and Eating: More Than Just Daily Tasks

Self-care routines are rich learning opportunities. **Toileting** supports body awareness, independence, and self-regulation. **Dressing** helps develop fine motor skills, coordination, and problem-solving. Figuring out which way clothes go or how to manage buttons and zips takes concentration and persistence. **Eating** independently builds motor control, patience, and confidence, as children learn to listen to their bodies and manage meals at their own pace.

These skills also support school readiness. Children who feel confident managing their own basic needs often transition more smoothly into group settings. They can focus more on learning and social relationships when they feel secure in their ability to care for themselves.

## Independence Builds Confidence

Independence doesn’t mean children have to do everything alone. It means giving them opportunities to try, practise, and learn even when it takes longer. When adults step in too quickly, children may miss the chance to develop confidence in

their own abilities. Allowing children time to attempt tasks, make mistakes, and problem-solve builds perseverance and self-belief.

Children who are trusted to try often surprise us. They develop a sense of ownership over their routines and take pride in what they can do. Over time, this confidence carries into other areas of learning, play, and relationships.

## Supporting Without Rushing

In busy family life, it’s easy to rush daily routines, but slowing down where possible can make a big difference for children. Allowing extra time for dressing, encouraging children to feed themselves, or calmly supporting toileting helps children feel capable, confident, and respected. Support may involve gentle encouragement, breaking tasks into smaller steps, or modelling rather than taking over. Phrases like “Take your time” or “I’ll wait while you try” remind children that effort matters more than speed. Remember, every child develops at their own pace, progress is gradual, and confidence grows with patience and practice.

## Working Together

In early education and care services, educators support self-care skills through everyday routines. Families can reinforce this at home by providing time and opportunities for children to practise independence. These everyday moments help build confidence, resilience, and a strong belief in their own abilities.



Read more about developmental self-care skills and how to support your child

See link via QR code  
Retrieved from [occupationaltherapy.com.au](http://occupationaltherapy.com.au)

## LUNCHBOX LOW WASTE – SIMPLE SWAPS FOR EVERYDAY MEALS



Creating a low-waste lunchbox doesn’t have to be complicated. Small, consistent changes can significantly reduce single-use plastics while also saving families money over time. One of the easiest places to start is by replacing disposable items, cling wrap, sandwich bags and single-serve packets—with long-lasting alternatives.

Reusable containers in a mix of sizes make packing lunches simple and keep food fresher for longer. Beeswax wraps or silicone covers are great for sandwiches, muffins and cut fruit, offering a washable, eco-friendly option.

Buying snacks in bulk is another simple swap that reduces waste. Instead of single-serve yoghurt pouches, chips or crackers, consider filling small containers from larger tubs or packets. This approach cuts down on unnecessary packaging and gives you greater control over portion sizes and ingredients. Families can also plan ahead by prepping lunches the night before, which reduces the temptation to rely on grab-and-go packaged foods.

Adding low-waste items such as whole fruit, homemade muffins, veggie sticks or leftovers helps create a nutritious lunch while keeping waste to a minimum. Over time, children learn the value of caring for the environment through everyday habits. A low-waste lunchbox isn’t about perfection, it’s about simple, sustainable choices that make a big difference.

Find some delicious lunch batch recipes here:

- [boobtofood.com/category/recipe/](http://boobtofood.com/category/recipe/)
- [healthymadetasty.com.au](http://healthymadetasty.com.au)
- [healthymummy.com](http://healthymummy.com)
- [Woolworths.com.au](http://Woolworths.com.au)



## LEFTOVERS STAMPING

Introduce children to the sensory joy of **creative stamping using everyday leftovers!** This simple, calming activity supports fine motor development, creativity, and sustainability by transforming food scraps and recycled materials into art tools.

### You Will Need:

- Leftovers such as celery stumps, fruit off-cuts, bubble wrap, or small pieces of cardboard
- Paint
- Paper or cardstock
- A plate or large lid for paint
- Something to protect your workspace (newspaper or a tablecloth)

### What to Do:

Set up a space ready for painting by covering the table and preparing your materials. Pour small amounts of paint onto a plate or lid and spread it slightly to make stamping easy. Laying out all materials within reach helps children work independently and confidently.

Encourage children to dip their leftover items into the paint and press them onto the paper to explore patterns, textures, and shapes. You might like to suggest using warm colours or cool colours together, this helps keep colours vibrant and avoids muddy brown tones. Allow children to experiment freely, noticing how different objects create unique prints. This open-ended approach invites creativity, curiosity, and problem-solving.

### Seasonal Tip: Valentine's Day

Fold cardboard or thick paper in half to make a card. Use a celery off-cut to create rose-shaped stamps and design a handmade card to gift to parents, grandparents, or friends. A wonderful way to create art, reuse materials, and celebrate creativity together! **Go to Kiwico to check out these stamped napkins!**



## EASY ONE BOWL SAVOURY MUFFINS

PREP 12 mins | COOK 18 mins | SERVES 12

### INGREDIENTS

- 2 cups **plain wholemeal flour**
- 2 teaspoons **baking powder**
- sea salt and pepper, to season**
- 60 grams **butter**
- 1/2 cup (125 ml) **milk**
- 3 **eggs**
- 1 medium **zucchini, grated**
- 1 medium **carrot, grated**
- 1 cup (160 grams) **canned corn kernels, drained**
- 1 1/3 cups (150 grams) **tasty cheese, grated**

### METHOD

1. **Preheat** oven to 180 C and line a 12-hole muffin tin with papers. **Set aside.**
2. **Place the flour**, baking powder, salt and pepper into a large bowl. **Whisk** to combine creating a well in the centre.
3. **Place the butter**, milk and eggs into the well of the flour and whisk until just combined.
4. **Gently fold** through the zucchini, carrot, corn and cheese. If your batter looks a little dry (depending on the brand – wholemeal flours can vary slightly and require a tad more liquid) simply add a splash of milk.
5. **Evenly divide** the mixture in the prepared muffin tray.
6. **Bake for 15-18 minutes** or until golden and when a skewer inserted removes cleanly.

Allow the muffins to cool for 5-10 minutes before placing on a wire rack to cool completely. **Enjoy x**

*Source: Image & recipe 'My lovely lunchbox'*

**Feedback**  
is always welcome



How can we make our newsletter, or indeed the preschool itself, even better? What information would you like us to include?

**Peak Hill Preschool Kindergarten Inc.**

Email: [peakhillpreschool@aapt.net.au](mailto:peakhillpreschool@aapt.net.au)  
Phone number: 6869-1655

# Healthy Lunch Boxes @ PHPS

Peak Hill Preschool recognises that healthy eating is important for the healthy growth, development and well-being of young children. Peak Hill Preschool is committed to supporting this for the children in attending the preschool through:

- the Preschool's Nutrition/Food/Beverage/Dietary Requirements Policy
- The National Quality Standard's Quality Area 2: Children's Health and Safety - Standard 2.1 Health, Element 2.1.3 Healthy Lifestyle
- The Early Years Learning Framework – Learning Outcome 3: Children have a strong sense of wellbeing - Children take increasing responsibility for their own health and wellbeing.
- Munch & Move program by NSW Health supporting the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time.

## MORNING TEA:

- Shared fruit and vegetable platters – please provide a piece of fruit/vegetable for our basket

## LUNCH TIME

- Sandwiches
- Rolls or wraps
- Rice paper rolls/ sushi
  - Salad
- Baked beans or spaghetti (in a tin)
  - Home-made pizza
  - Home cooked meals
- Plain or fruit yogurt (reduced fat)
  - Plain custard (reduced fat)
  - Plain popcorn
- Dried or fresh fruit or fruit cups
  - Cheese and crackers
  - Carrot, celery, zucchini, cucumber sticks with dip/cream cheese
- Scones, pikelets, muffins (fruit or plain)
  - Plain biscuits e.g. arrowroot
  - Cruskits, Sao's, corn or rice cakes with or without spreads
  - Home-made fruit muffins or muesli bars

## HEALTHY VEGETABLE SANDWICH FILLINGS:

- \*Chicken, ham, beef
- \*Cheese, cream cheese,
- \*Salad – lettuce, tomato, carrot, cucumber, beetroot
- \*Vegemite
- \*cheese with sliced celery or cucumber
- \*grated cheese and carrot
- \*canned salmon with lettuce
- \*avocado, low-fat cottage cheese or hummus



Milk is a healthy option for children as it is a great source of protein and calcium, which help to build strong bones and teeth.

Children over 2 years of age should drink reduced fat milk (around 1.4 – 2% fat) as they are now eating a greater variety of foods that can meet their energy needs. Reduced fat milk contains less fat and kilojoules than full fat milk but the same amount of protein, calcium and vitamin D



Pre-schoolers need around 1.2 litres each day to stay hydrated (more in hot weather). Most children enjoy drinking water if they get into the habit from an early age. Make water 'the norm' in your household by always having water available for children and drinking plenty of water yourself. Water is cheap, readily available, a thirst quencher without any kilojoules or sugar and it is essential for the optimal function of the body.

## FOODS TO LEAVE OUT OF LUNCH BOXES:

If children are regularly given snacks that contain lots of energy saturated fat, salt and sugar but few other nutrients (eg. cakes, confectionery, sweet biscuits, energy bars, crisps, soft drinks) they will miss out on the vital nutrients they need for growth and development. We call these "sometimes" foods. These include:

- Lollies, chocolates, cakes, donuts
- Jelly, chocolate coated or cream filled biscuits
- Rice bars and muesli bars
- Fruit bars, straps or chews
- Packets of chips, cheesy balls or twist, noodle snacks
- Cordial, soft drink, fruit juice or fruit drinks, sport drinks



Birthdays are a reason to celebrate! You are welcome to bring in a cake or cupcakes to celebrate your child's birthday with his or her friends. Please ask if there are any requirements due to allergies.

# HEALTHY lunchbox snacks



Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

## HEALTHY SNACK IDEAS: ✓

- ✓ Pikelets
- ✓ Fruit bread
- ✓ Plain rice cakes
- ✓ Air-popped popcorn
- ✓ Wholegrain crackers
- ✓ Reduced fat yoghurt
- ✓ Reduced fat cheese
- ✓ Vegetable sticks eg celery, carrot, capsicum
- ✓ Cherry tomatoes
- ✓ Corn cob
- ✓ Cucumber
- ✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana



## X SNACKS BEST LEFT OUT OF THE LUNCHBOX:

- X Muffins and cakes
- X Sweet biscuits
- X Savoury biscuits
- X Muesli bars
- X Sweet rice bars
- X Fruit straps
- X Chocolate
- X Lollies
- X Potato chips
- X Corn chips
- X Processed cheese & biscuits
- X Soft drink
- X Flavoured milk
- X Fruit drinks



swap!

