



## **Make My Own Lunch –Wednesday 2<sup>nd</sup> June – Years 3 and 4**

21<sup>st</sup> May 2021

Dear Parents,

Years 3-6 will be participating in Elanora's unique *Make My Own Healthy Lunch* program which encourages students to prepare their own healthy food. A differentiated program is offered across the grades. The cost is \$5. **Please ensure that this is paid prior to Friday 28<sup>th</sup> May.** Years 3 and 4 will be making a wrap using the inviting fillings prepared by parents. Unless your child has restricted dietary requirements, there is no need to return this form. **However, it is vital that you return this form if your child has special dietary needs.**

**When: Wednesday 2<sup>nd</sup> June 2021**

**What NOT to bring:** *There is no need to pack in lunch as they will be making it. Please send morning tea as usual.*

**Cost: \$5 – please pay via POP by Friday 28<sup>th</sup> May.**

### **At school: the nutrition lesson and *Make My Own Lunch* buffet**

Each class in Years 3 and 4 will participate in a nutrition workshop with Elanora parent, Carly Skeers. Carly will be going over concepts such as the five food groups and the Australian Plate Model, which is part of the PDHPE syllabus. We will then dive into a discussion about what motivates our food choices and how we can decide what food provides us with the best fuel for our bodies each day.

### **At home: follow-up *Make My Own Lunch Challenge***

We hope you will also support the home follow-up *Make My Own Lunch Challenge*. Students record on a colourful card whenever they make their own healthy morning tea or lunch over the next fortnight. There will be a yummy fruit kebab for those who make 8 lunches. Of course, the real rewards are becoming more independent and developing eating habits which optimise lifelong health. Encourage your child to participate - it will also gradually lighten your load!

**Parent helpers:** can you help with this very worthwhile parent initiative?

If you can help either on Wednesday 2<sup>nd</sup> June, or prepare food at home the day before, please email our LLW@S parent team at [ehpsllw@gmail.com](mailto:ehpsllw@gmail.com)

Thank you for your support,  
Jenny Cullen

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**\*\* Note to be returned ONLY by students with dietary restrictions \*\***

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**Child's name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

For children with restricted dietary requirements, there will be a separate table, utensils and ingredients that are gluten-free, dairy-free and egg-free. Please give details of your child's needs.

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Signed \_\_\_\_\_ (Parent/Caregiver)

Date \_\_\_\_\_