



Make My Own Lunch – Tuesday 1st June - Years 5 and 6

21st 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 28th May.** Year 5 will be making a wrap with the inviting fillings prepared by parents. Year 6 will be making a salad in a jar as well as a healthy snack. 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 student has special dietary needs.**

When: Tuesday 1st 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. Year 6: please bring in a fork to eat your salad with (jar is provided)*

Cost: \$5 – please pay via POP by Friday 28th May.

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

Each Year 5 and 6 class 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. We hope you will encourage your child to participate!

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

If you can help either on Tuesday 1st June, or prepare food at home the day before, please email our LLW@S parent team at ehpsllw@gmail.com

Thank you for your support,
Jenny Cullen

**** 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.

Signed _____ (Parent/Caregiver)

Date _____