



Livelifewell@school – messages to parents for 2019 information night

LiveLifeWell @School is a program where parents and schools work together to improve children's health. We have been fortunate to have a very active parent committee who organise great initiatives. We hope you will give your support.

How you can support LiveLifeWell@School

- **Sustaining breakfast** with protein, whole grains, fresh fruit or veg.
- **Labelled, refillable water bottle** - send every day. ***Water should be the main daily drink*** with ***other drinks as occasional treats***. Parents - please **don't** put bottles in fridge as the condensation then makes a puddle. Do empty regularly and periodically allow to dry. Children can refill; squatter shapes are more stable.
- **FRUITO/VEGO** - **Send suitable fresh fruit or vegetables** for Fruito/Vego eaten in class around 10.00 am. If sending *whole fruit*, **not too big**. For *cut fruit and veg* - small container rather than plastic or foil.
- **Rainbow Fruito-Vego** –twice a term we ask that you send fruits and vegetables of a particular colour. This gives you the opportunity to get your child to try something new and reminds us all that we need to eat a wide range of f and v. Eating different colours ensures you get different micronutrients. *Red Fruito-vego Wed 20th February*
- **Send healthy morning tea and lunch food *in the right amounts for your child***. Talk with your child about how much he or she needs – it will vary as children grow.
- **Use labelled containers and minimise packaging with plastic or foil** as it cannot be recycled or composted. *We have bins for compost, recycling and landfill in our playground.*
- **Keep an eye on the fat, salt and sugar in packaged foods. K-2** - *Check that your child can open any packets or containers by themselves.*
- **Join the parent/teacher group** – Great team who have been working together for several years, need some new members to keep up the momentum. **First meeting – Wed 20th Feb, 3pm in Stellar room. Please come along!**
- **K-2 only – Eat a Rainbow –Thurs 30th and Fri 31st May** – you will be asked to send a piece of fruit or veg which parents cut up and each class has a nutrition lesson followed by making a picture from the cut f and v ... and then eating it. **Please sign up!**
- **3-6 only – Make My Own Lunch – Wed March 20th and Thurs 21st March** - nutrition lesson followed by preparing own lunch – wraps for Years 3-5, salad jar and healthy snack for Year 6. Children then complete the Home Challenge by making their lunch for two weeks - an opportunity for the child to make good choices and learn new skills, being grown up and responsible. Totally run by parents. **NEED HELPERS.**

Together we can help our children be healthy, full of energy and ready to learn.