

Eating at School – A guide to meals at Prep

This information is provided as a guide for eating at school. If you have any further questions, do not hesitate to contact your child's class teacher.

Fruit Break (10:00)

Students will have 10 minutes to eat a piece of fruit. Every child is to bring a piece of fruit for Fruit Break. See the list of suitable foods. Fruit break will occur for at least the first term but your class teacher will inform you of any changes to this procedure during the year.

First Break: (11.00-11.30)

This is the children's main break. It is expected that children bring a sandwich or healthy alternative for this break. We discourage prepackaged, highly processed and sugar rich foods, as it does not assist in optimising their learning outcomes. Children are able to drink a fruit juice popper or milk at this time, otherwise they will be encouraged to drink water.

Second Break: (1.00-1.40)

A snack suitable for afternoon tea should be packed for this break. At both first and second breaks, eating time is fifteen minutes, but if children wish to have a longer time, this is fine.

Remember to pack all utensils required to eat provided foods and to name ALL containers



Ensure your child knows what food has been packed and when to eat it. We insist that sandwiches, meat and dairy are eaten first. Supplying lunch in labeled, easy to open packages and containers will help to encourage your child's independence. An icepack inside lunchboxes is recommended.

Suitable healthy food choices include:

- ✓ SNACK BREAK – Cut fruit or vegetables including apple, grapes, strawberry, carrots, beans
- ✓ MORNING TEA – Sandwiches, rolls, wraps, dairy, salads, poppers
- ✓ AFTERNOON TEA – Crackers, cheese, boiled eggs, dried or fresh fruit, vegetables, natural popcorn, muesli bars or savoury biscuits

Unsuitable food choices include:

- ✗ Chips, lollies, cakes
- ✗ Processed snack foods like roll ups, sweet biscuits.
- ✗ Soft drinks
- ✗ Foods in containers children cannot open

Remember to pack a suitable quantity of food for your child. We supervise your child's eating time and we expect them to eat most of what is sent for them, so try to avoid sending too much or too little food. Please do not hesitate to communicate with your child's teacher if any food related difficulties occur.

If you wish your child to share birthday celebrations with their class, please discuss this with your child's teacher for procedures. These will vary depending on the needs of the class.