



# South Grafton Public School

Phone: 66423388 Locked bag 3901, South Grafton 2460

Email: [sthgrifton-p.school@det.nsw.edu.au](mailto:sthgrifton-p.school@det.nsw.edu.au)

<https://www.facebook.com/SouthGraftonPublicSchool>

FACT SHEET 5



## Lunch Box Tips

"Kids learn better and they perform better academically when they have a good diet"



For best health children should enjoy a wide variety of nutritious foods from the five food groups. Many of which can be incorporated into your child's lunchbox. For further information visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au).

Breakfast is the most important meal of the day, to enable your child to achieve to their full potential, please ensure they have a good healthy breakfast before coming to school.

At South Grafton Public School students are encouraged to be responsible for their own belongings. To make this easier for your child we suggest packing a separate recess and lunch bag in their lunch box. Packing your child's food in disposable bags allows them to take only the bag needed for the break, leaving their lunch box in their school bag in the classroom. When finished eating your child can then put the rubbish in the bin and head off to play without the worry of a lunch box. We recommend packing a little ice brick or a frozen popper in their lunch box to keep their food cool.

Each class has a lunch tub taken out into the playground at recess and lunch for the children to put their lunch boxes or drink bottles in, if needed.

**It is important to clearly label all of your child's belongings.** There could be 20 similar lunch boxes or drink bottles in your child's class. Having these labelled will ensure they come home everyday. You could also label your disposable bags to avoid any mix-ups.

To develop your child's independence we encourage you to send food that is packaged in a child friendly way. Your child needs to be able to open their own food, start practising opening muesli bars or unwrapping plastic wrap. Some types of snack packaging are extremely difficult to open so it may help to snip the corner before sending to school.

Eating time is approximately 10 minutes, we suggest sending food that can be eaten in this time frame, to ensure food is eaten before they access playtime.

## Anaphylaxis

Anaphylaxis is a severe and sudden allergic reaction to an allergen such as food or insect bite.

At South Grafton Public School we have several children who have been diagnosed with this serious condition. We do not provide any food to students that includes the use of peanuts, tree nuts and any foods where nuts are listed as an ingredient, including during camps and excursions. Our school canteens do not use any food and drink items with peanuts and tree nuts as an ingredient.

