

# Helpful hints for the new school year



## PE Kit

Please ensure your child's PE kit is either a plain t-shirt and suitable shorts (no denim) or jogging bottoms. They will need to wear trainers on PE days too – if these have laces please ensure your child can do them up themselves.



## Water bottles

To help children stay hydrated throughout the day, your child needs to bring a **named** water bottle to school each day, filled only with **water**.



Jewellery - Plain studs only may be worn to school. On PE days earrings must be taken out at home.



## Book bags

So your child can safely bring home their reading books, library books and fantastic artwork, they will need a **named** bookbag. This can have **one** keyring attached to help your child identify their bag quickly.



## Name it!

Your child's name is one of the first words they learn to read. As it is such an important word for them, please ensure it is on everything they bring to school. If they can put it down or take it off, it needs to be named!



To ensure our children get the best possible exposure to conversations with all adults, we are a 'mobile-free site'.



## Drop-off and pick-up times

Whilst waiting to drop-off and pick-up your children, please do ensure any younger siblings are waiting with you and not playing on the adventure playground or with any resources set up for the day.



## Toys

Whilst we love to learn all about your child's interests, we do not allow toys from home into school. This is to avoid them getting lost or broken and to ensure they can enjoy the school resources whilst here and keep home toys for home time.



## Lunchboxes

We are a **nut free school** (this includes Nutella and other chocolate nut spreads) and to ensure children stay healthy we do not allow fizzy drinks, sweets or chocolate bars in lunchboxes (a KitKat, or a similar biscuit based bar is fine!). Please ensure any small food is cut up e.g. grapes.

# Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat  
& alternatives



A Healthy Lunch Box



MAKE WATER  
YOUR DRINK



PACK ICE BRICKS  
TO KEEP FOOD  
COOL



USE A THERMOS  
TO KEEP FOOD  
WARM



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This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Illawarra Shoalhaven Local Health District.

Further information about keeping lunchboxes healthy can be found here -  
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>