School Lunch Box Project – 8 weeks

Dear Year 2 Parents,

For a long time now so many parents have told us that they wished they knew how they could get their children to eat more fruit and vegetables, particularly in the school lunch box. Fortunately we have been able to make some plans to address this issue not just in our school but across all schools in Australia and most probably in all Western countries.

Next term all Year 2 students will be involved in the School Lunch Box project focusing on getting more fruit and veg into the daily school lunch each day.

The project begins on Monday 5 May that being the second week back after holidays. The students will learn about nutrition, work in the vegetable patch, and collect data about their own habits regarding nutrition with particular emphasis on fruit and veg.

The students will also prepare, cook and pack their lunch at school once each week. The focus is to increase fresh fruit and veg easily into the lunch box. All lunch box ideas will be captured through basic filming, uploaded to YouTube and placed on the schools website with the recipe so all parents and students in the school have the same access to the project. There are many wonderfully planned activities the students will be undertaking over the 8 week lunch box project.

For this reason we will be holding a parent information session on Thursday 1 May, 5.30pm allowing parents to come along and listen to what we are planning. If babysitting is a difficult please bring the children and they can be part of the information session or play outside.

We will need to gain parent permission to film the students along with permission to use the COOSH kitchen and equipment. All aspects of making lunch will be supported with teachers and our local master chef Adam Guthrie.

The cost to students each week will be a gold coin donation to pay for the ingredient.

More information will be sent home on Tuesday 29 May along with a reminder of the parent information session planned for Thursday 1 May.

We look forward to sharing our ideas and the planned School Lunch Box project with you all.

Mrs Hilliar, Principal                                         Mr Hosler and Mr Haigh, Classroom Teachers

11 April 2014