

Welcome to Parkvale School



Dear Parents

Welcome to Parkvale School. We are delighted you have chosen to enrol your child or children at our fantastic school. We pride ourselves on providing the very best we can for the children and community of Parkvale.

Enclosed you will find all the forms that are required to be filled out for enrolling your child. If you are unsure of any of the forms please do not hesitate to contact the office on 878 6616.

Our school vision is to develop the qualities of PRIDE (Personal Best, Respect and Responsibility, Integrity, Determination and Enjoyment) to grow confident, collaborative, connected, creative, lifelong learners. Parkvale PRIDE is evident in all that we do!

Parkvale School has an experienced, highly motivated and dynamic teaching staff. The pupil roll ranges between 520 and 580 students.

The school has attractive spacious grounds, a large swimming pool, a highly functional library and exceptionally well resourced classrooms.

Our classes work together in learning hubs, within Nga Rakau Iti (Years 1-3 classes) and Nga Rakau Nui (Years 4-6 classes). Teachers work collaboratively within the hubs to utilise their strengths and provide quality learning for our students. Our senior school classes operate a BYOD (Bring Your Own Device) policy where Year 5-6 students provide and operate their own digital device within the classroom programme. In 2017 Year 4 students will be provided with a digital device so digital literacy skills can be developed.

You have already successfully taught your child many very necessary skills. School does not replace you as the teacher. We look forward to working in partnership with you to further your child's academic, social, physical, cultural and intellectual development.

I encourage you to keep in close contact with your child's teacher. The school welcomes your involvement and support. You will find all our staff friendly and approachable.

I look forward to your successful association with Parkvale School.

Yours sincerely

AARON O'NEILL
PRINCIPAL



ENROLMENT CHECKLIST

Completed the Following:

- * Enrolment Form ☐
- * Asthma Plan (on start date @ office) ☐
- * Excursion Consent & Privacy Statement ☐
- * Internet & Computer Usage Agreement ☐
- * Privacy Statement ☐
- * Uniform Pricelist for your information ☐

Please Provide the Following:

- * Copy of Birth Certificate ☐
(Enrolment cannot be accepted without a copy of Birth Certificate)
- * Copy of Immunisation Record ☐
(This includes providing a certificate for the 5 yr immunisation)



PARKVALE SCHOOL ENROLMENT FORM



A. Student Details (please print clearly)

Legal Surname:		Legal First names:	
Preferred Surname:		Preferred First Name:	
Date of Birth: / /	Boy / Girl (please circle)	Home Phone:	Mobile:
Address:		Email:	

In Zone / Out of Zone (Please circle)		Start Date:
Previous School / Pre-School / Kindergarten:		Current year level:
Years at Pre School :	Hours Per Week:	Days Per Week:
Siblings at this school:		

B. Student's Ethnic Background

Country of Birth:		Residency/Citizenship? Yes/No (leave blank if child was born in NZ)
Ethnicity:	Iwi/Hapu:	Entry date to New Zealand: / /
1.	1.	Permit Expiry date: / /
2.	2.	
3.	3.	Language spoken at home:
As a parent are you? NZ Born / Migrant / Refugee background (please circle) Date of Entry to NZ: Parent _____ Child _____		

C. Parent/s Caregiver/s Details

Relationship to Child:		Relationship to Child:	
Mr/Mrs/Ms/Miss (please circle)		Mr/Mrs/Ms/Miss (please circle)	
Surname:		Surname:	
First Name:		First name:	
Address:		Address:	
Home Phone:	Work Phone:	Home Phone:	Work Phone:
Mobile No:	Email:	Mobile No:	Email:
Occupation:		Occupation:	
Who does the child live with: • Mother & Father • Mother • Father • Other _____			
As an enrolling parent do you have: • Sole Custody • Joint Custody • A Non-Custodial Parent			
Are you separated: YES/NO			

Please record any custodial arrangements which may impinge upon your child's/children's schooling:

OFFICE USE ONLY

Start date: / /	Year:	Room:	Teacher:
Copy of Birth date verification: <input type="checkbox"/> Birth Certificate or <input type="checkbox"/> Passport			<input type="checkbox"/> Copy of immunisation
Enrolment No.	NSN:	<input type="checkbox"/> Entered in School Records	Enrolled date: / /
<input type="checkbox"/> ETap <input type="checkbox"/> ENROL <input type="checkbox"/> Roll <input type="checkbox"/> Register			

D. Other Emergency Contacts (eg grandparents, aunt, uncle, friend)

In the event we cannot contact either of the parents/guardians, who would you like us to contact? These people need to be local please.

Name:		Name:	
Relationship to child:		Relationship to child:	
Home Ph:	Mobile No:	Home Ph:	Mobile No:

E. Civil Defence

Please add two additional people (aside from caregivers or emergency contacts) who are delegated by you to collect your child after a civil emergency if you are unable to collect your child within 2 hours. No child will be allowed to leave with any other person, even a relative or babysitter, unless we have written permission to that effect.

Civil Defence Contact 1;	Phone/Mobile;
Civil Defence Contact 2;	Phone/Mobile;

F. Medical Information

Doctor:	Dentist:
Address:	Address:
Phone:	Phone:

Has your child been immunised? YES / NO If yes, please attach copy of immunisation certificate and circle relevant immunisations:

Diphtheria / Hepatitis B / HIB / Measles / Meningococcal B / Mumps / Pertussis / Polio / Tetanus

Has your child had a B4 School Check? YES / NO Any concerns noted? _____

Does your child suffer from:

- ☐ Asthma – Inhaler/spacer to be kept in the office:
If Yes please fill in attached Plan.
- ☐ Diabetes
- ☐ Allergies/Eczema: Please specify:
- ☐ Wetting/Soiling
- ☐ Earache/Glue ear
- ☐ Other medical conditions/s:

Please detail any medication requirements for your child:

I give permission for:

- | | |
|--|----------|
| <input type="radio"/> School Staff to administer Medication as required. | Yes / No |
| <input type="radio"/> Public Health Nurse. | Yes / No |
| <input type="radio"/> Vision and Hearing Technician | Yes / No |

You will be contacted if there are any concerns regarding your child's Health.

G. Learning and Behaviour

Is your child receiving any assistance from outside agencies ie RTLB, GSE, Speech, for learning and/or behaviour? YES / NO

If yes please detail learning / behaviour needs:

H. Other Information

Please list any members of your family who are likely to attend this school in the future:

- | | |
|---------|----------------|
| 1. | Birthdate: / / |
| 2. | Birthdate: / / |
| 3. | Birthdate: / / |



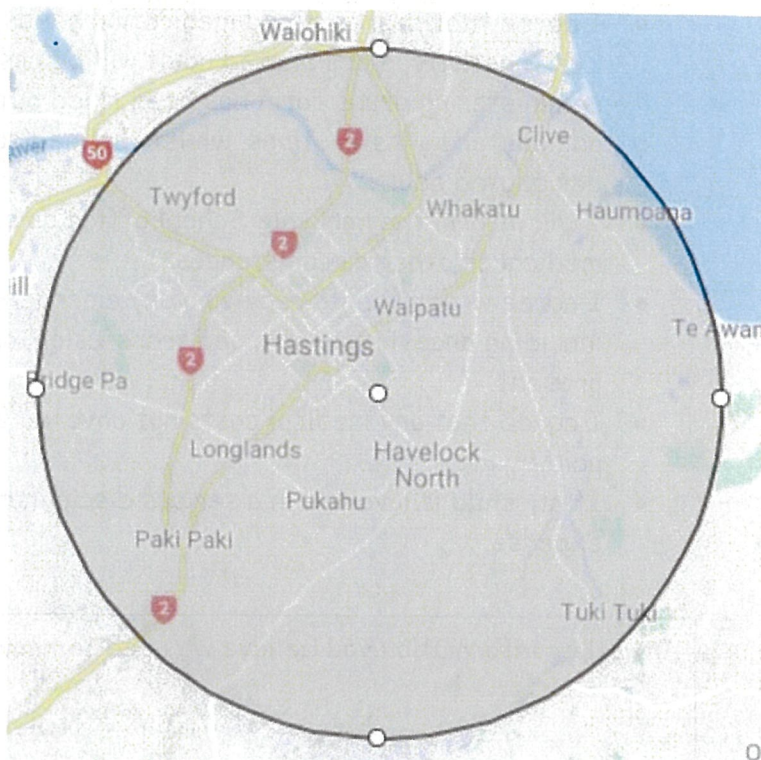
Parkvale School

Blanket Consent for Local Trip/Activity 2020

This EOTC consent form is to cover events which occur during the course of a school day, concluding prior to approximately 4.00pm in the area outlined on the map. The mapped area has been drawn using a 10km radius from our school and incorporates the locations of the majority of activities we engage in. Parents/caregivers will be notified of any events covered by this consent prior to the event occurring.

Where an event involves risk exposure greater than what would typically be the case at school, such as adventurous activities, hazardous environments or the event continues overnight, **specific consent will be required.**

Details on this form will remain confidential to school staff and volunteers associated with supervising activities on EOTC events. It is crucial that you provide us with up to date information, that is accurate and complete, to allow us to plan appropriately for EOTC events.



Privacy Statement:

Please note: the personal information being collected on this form is for the purpose of running EOTC events. It won't be used or disclosed for any other purpose except in accordance with the Privacy Act 1993. You have the right under that Act to access and seek correction of the information from the school.

Student Information

Name: _____ DOB _____

Year _____ Class _____

Swimming Consent

For activities where being able to swim is essential. Consent does not remove the need for group leaders to ascertain for themselves the level of the student's swimming ability.

Swimming ability

- | | | | |
|---|-----|----|------------|
| • Is your child able to swim 50 metres? | Yes | No | Don't know |
| • Is your child water confident in a pool? | Yes | No | Don't know |
| • Is your child able to float on their back? | Yes | No | Don't know |
| • Is your child safety conscious in and around water? | Yes | No | Don't know |

Medical Consent

In an emergency Parkvale School may act on my behalf.

- I agree the school has used their medical database to access information about the medical needs of my child
- The trip coordinator / leader may administer pain relief (Panadol Nurofen)
- I agree that if prescribed medication needs to be administered during the time of the EOTC activity, a designated adult will be assigned to do this. I will ensure that an administering drugs form has been filled out outlining the name of medication and the administering instructions, whilst the medication is securely fastened and handed to the designated adult.
- I will inform the Parkvale School office as soon as possible of any changes in my child's medical or other circumstances.
- I agree with my child receiving any emergency medical, dental, or surgical treatment, including anaesthetic or blood transfusion, as considered by the medical authorities present.
- I agree that any medical costs not covered by ACC or a community service card will be paid by me.
- If my child is involved in a serious disciplinary problem, he/she will be sent home at my expense.

Any other information you believe we need to know in the event of a class trip? (ie fear of heights)

Signed: Name

Parent / Caregiver Details

Parent / Caregiver Name

Address

Contact phone numbers



Parkvale School

Information Privacy Act

I agree to Parkvale School collecting personal information and obtaining records from previous education providers on:

Child's Name _____

I understand that the information I provide will be used to assist with the provision of an education for this person.

This information may be shared with Health and other education agencies, if they are involved, to further assist the learner. I accept the fact that this information may later be used for statistical and/or research purposes and agree to its use for that purpose, provided that if the information is published in any way it will not identify me or the individual concerned.

The information may be used by the Board of Trustees or the Parent Teacher Association in the organization and administration of wider school activities of which the child is part.

I understand the information that I provide will be held at Parkvale School whose address is: -

Parkvale School, 1217 Howard Street, Hastings 4122

This information may be transferred to another school if the child moves.

I am aware of the rights of access to and correction of this information.

The information may be disclosed to appropriate education, health and welfare authorities and for data-gathering purposes by the New Zealand Ministry of Education, in accordance with the principles of the Privacy Act. It will not be disclosed to any other person or agency unless such disclosure is authorized or required by law.

Signed: _____ Print Name: _____
(Individual/Parent/Legal Guardian/Agent)*

Please delete those not applicable

Date: _____



PARKVALE SCHOOL

CYBERSAFETY & USE OF STUDENT WORK AND APPEARANCES AGREEMENT



This document is comprised of this cover page and four sections:

Section A: Introduction

Section B: Cybersafety Rules for Parkvale School Students

Section C: Permission for Use of Student Work and Appearances

Section D: Cybersafety Use and Permission for Use of Student Work and Appearances Agreement

Instructions for parents*/caregivers/legal guardians

1. Please read sections A ,B and C carefully. If there are any points you would like to discuss with the school see your class teacher as soon as possible.
2. Discuss the cybersafety rules with your child.
3. Sign the use agreement form (Section D) and return that page to your class teacher
4. Please keep Sections A ,B and C for future reference.

* The term 'parent' used throughout this document also refers to legal guardians and caregivers.

Important terms used in this document:

- (a) The abbreviation 'ICT' in this document refers to the term 'Information and Communication Technologies'
- (b) 'Cybersafety' refers to the safe use of the Internet and ICT equipment/devices, including mobile phones
- (c) 'School ICT' refers to the school's computer network, Internet access facilities, computers, and other school ICT equipment/devices as outlined in (d) below
- (d) The term 'ICT equipment/devices' used in this document, includes but is not limited to, computers (such as desktops, laptops, PDAs), storage devices (such as USB and flash memory devices, CDs, DVDs, floppy disks, iPods, MP3 players), cameras (such as video, digital, webcams), all types of mobile phones, gaming consoles, video and audio players/receivers (such as portable CD and DVD players), and any other, similar, technologies as they come into use
- (e) 'Objectionable' in this agreement means material that deals with matters such as sex, cruelty, or violence in such a manner that it is likely to be injurious to the good of students or incompatible with a school environment. This is intended to be inclusive of the definition used in the Films, Videos and Publications Classification Act 1993.

Additional information can be found on NetSafe's website www.netsafe.org.nz/ua

SECTION A

INTRODUCTION

The measures to ensure the cybersafety of Parkvale School outlined in this document are based on our core values.

The school's computer network, Internet access facilities, computers and other school ICT equipment/devices bring great benefits to the teaching and learning programmes at Parkvale School and to the effective operation of the school.

Our school has rigorous cybersafety practices in place, which include cybersafety use agreements for all school staff and students.

The overall goal of the school in this matter is to create and maintain a cybersafety culture which is in keeping with the values of the school, and legislative and professional obligations. This use agreement includes information about your obligations, responsibilities, and the nature of possible consequences associated with cybersafety breaches which undermine the safety of the school environment.

All students will be issued with a use agreement and once signed consent has been returned to school, students will be able to use the school ICT equipment/devices.

The school's computer network, Internet access facilities, computers and other school ICT equipment/devices are for educational purposes appropriate to the school environment. This applies whether the ICT equipment is owned or leased either partially or wholly by the school, and used on or off the school site.

The school may monitor traffic and material sent and received using the school's ICT network. The school may use filtering and/or monitoring software to restrict access to certain sites and data, including email.

The school may audit its computer network, Internet access facilities, computers and other school ICT equipment/devices or commission an independent forensic audit.

SECTION B

RULES TO HELP KEEP PARKVALE SCHOOL STUDENTS CYBERSAFE

As a safe and responsible user of ICT I will help keep myself and other people safe by following these rules

1. I cannot use school ICT equipment until my parent(s) have signed my use agreement form (see last page), discussed my responsibilities with me and the completed form has been returned to school.
2. I can only use the computers and other school ICT equipment for my schoolwork.
3. If I am unsure whether I am allowed to do something involving ICT, I will ask the teacher first.
4. If I have my own user name, I will log on only with that user name. I will not allow anyone else to use my user name.
5. I will not tell anyone else my password.
6. I can only go online or access the Internet at school when a teacher gives permission and an adult is present.
7. I understand that I must not, at any time, use the Internet, email, mobile phones or any ICT equipment to be mean, rude, offensive, or to bully, harass, or in any way harm anyone else connected to our school, or the school itself, even if it is meant as a 'joke'.
8. While at school, I will not:
 - Attempt to search for things online I know are not acceptable at our school. This could include anything that is rude or violent or uses unacceptable language such as swearing

- Make any attempt to get around, or bypass, security, monitoring and filtering that is in place at our school.
9. If I find anything mean or rude or things I know are not acceptable at our school on any ICT, I will:
- Not show others
 - Get a teacher straight away.
10. I understand that I must not download or copy any files such as music, videos, games or programmes without the permission of a teacher. This is to ensure we are following copyright laws.
11. I must have permission from home and school before I bring any ICT equipment/device from home. This includes things like mobile phones, iPods, games, cameras, and USB drives.
12. I will not connect any device (such as a USB drive, camera or phone) to school ICT or run any software, without a teacher's permission. This includes all wireless technologies.
13. The school cybersafety rules apply to any ICT brought to school like a mobile phone.
14. I will ask my teacher's permission before giving out any personal information online. I will also get permission from any other person involved.

Personal Information includes:

- **Name**
 - **Address**
 - **Email address**
 - **Phone numbers**
 - **Photos.**
15. I will respect all school ICT and will treat all ICT equipment/devices with care. This includes:
- Not intentionally disrupting the smooth running of any school ICT systems
 - Not attempting to hack or gain unauthorised access to any system
 - Following all school cybersafety rules, and not joining in if other students choose to be irresponsible with ICT
 - Reporting any breakages/damage to a staff member.
16. I understand that if I break these rules, the school may need to inform my parents. In serious cases the school may take disciplinary action against me. I also understand that my family may be charged for repair costs.

SECTION C

PARKVALE SCHOOL USE OF STUDENT WORK AND APPEARANCES

Our school uses a range of learning technologies to enhance student learning. From time to time we publish material in our school newsletters, on our website and on the internet for educational purposes.

Our aims are to promote and share learning and to communicate general information within our school and beyond the school community. The material may include examples of student work and photos. Student appearances may include scanned, digital or video records or representation of students taking part in school or class events.

The permission form below in Section D gives the school the right to select any appropriate student work or appearances to publish online or in school newsletters. You have the right to withdraw your permission at any stage, and the material will be removed.

SECTION D
PARKVALE SCHOOL CYBERSAFETY USE AGREEMENT AND
PERMISSION FOR USE OF STUDENT WORK AND APPEARANCES FORM

To the parent/caregiver/legal guardian, please:

1. Read this page carefully to check that you understand your responsibilities under this agreement
2. Sign the appropriate section on this form
3. Detach and return this form to the school office
4. Keep the document for future reference, as well as the copy of this signed page which the school will provide.

I understand that Parkvale School will:

- Do its best to enhance learning through the safe use of ICT. This includes working to restrict access to inappropriate, illegal or harmful material on the Internet or school ICT equipment/devices at school, or at school-related activities
- Work progressively with children and their families to encourage and develop an understanding of the importance of cybersafety through education designed to complement and support the use agreement initiative. This includes providing children with strategies to keep themselves safe in Cyberspace
- Keep a copy of this signed use agreement on file
- Respond to any breaches in an appropriate manner
- Welcome enquiries from parents or students about cybersafety issues.

My responsibilities include:

- I will read this cybersafety use agreement document
- I will discuss the information with my child and explain why it is important
- I will return the signed agreement to the school
- I will support the school's cybersafety programme by encouraging my child to follow the cybersafety rules, and to always ask the teacher if they are unsure about any use of ICT
- I will contact the class teacher in the first instance or the principal to discuss any questions I might have about cybersafety and/or this use agreement and I am welcome to do this at any time.

Parkvale School has the right to:

- Publish samples of student work and student appearances in school newsletters, on the school website and on appropriate internet sites e.g blogs
- Use the student's first name and room number when required.

Additional information can be found on the NetSafe website www.netsafe.org.nz/ua

Please detach and return this section to school.

I have read this cybersafety use and use of student work and appearances agreement and I am aware of the school's initiatives to maintain a cybersafe learning environment, including my child's responsibilities.

- I give permission for my child to use ICT equipment and the internet as stated in the rules above.
- I give permission for the school to use student work and student appearances as stated above.

Name of student: Room No.

Name of parent/caregiver/legal guardian:

Parent's signature: Date:

Please note: This agreement for your child will remain in force as long as he/she is enrolled at this school. If it becomes necessary to add/amend any information or rule, parents will be advised in writing.

Tell us about your Child

Child's Name:	
Ethnicity	
Parents names:	
Siblings:	

1. Tell us about your child's strengths and interests
2. What makes your child worried or anxious? How do they settle when you leave them?
3. Has your child met their developmental milestones? Comment if necessary (motor skills, speech, global delay etc)
4. What early childhood setting did your child attend? (If you have a portfolio/learning journal, your child's new teacher would love to see it)
5. Has your child received extra support at pre school / their last school?
6. Are there any medical issues we need to be aware of?
7. Are there any family issues we should be aware of?
8. Do you have any concerns about your child starting school?
9. What are your hopes and aspirations for your child starting at Parkvale School?
10. What is the best way to contact you? Email, cell phone etc - write down cell phone number

PARKVALE SCHOOL UNIFORM ORDER FORM

Date: _____ Students Name: _____ Room No: _____

PAYMENT MADE BY CASH / EFTPOS / ACCOUNT

Polo Shirt	Short Sleeve	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$30.00		4	6	8	10	12	14		
Polo Shirt	Long Sleeve	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 33.00		4	6	8	10	12	14		
Girls	Skort	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 29.00	2	4	6	8	10	12	14		
Unisex	House T-Shirts	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 15.00		4	6	8	10	12	14		
Unisex	Cargo Shorts	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 27.00	2	4	6	8	10	12	14		
Unisex	Cargo Pants	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 34.00	2	4	6	8	10	12	14		
Unisex	Track Jacket	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 48.00		4	6	8	10	12	14		
Unisex	Track Pants	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$ 35.00		4	6	8	10	12	14		
Unisex	Paladin Jacket	Price		Sm	Med	Lge				Qty	Total \$
		\$ 90.00									
Unisex	Polar Fleece	Price	Size	Size	Size	Size	Size	Size	Size	Qty	Total \$
		\$45.00		4	6	8	10	12	14		
Unisex	Hat / Beanie	Price		Sm	Med					Qty	Total \$
		\$ 12.50									
										TOTAL	

ACCEPTED PAYMENTS – CASH, EFTPOS, AP A/C



House Colour Shirts Order Form



House colour shirts are on sale now! They are **\$15** and are able to be worn at all house events.

CASH or EFTPOS only – no accounts

These are worn for scheduled house events throughout the year.

Your child will be placed in a house once they have enrolled. If they already have a sibling at school they will be in the same house.

Fill out the form below and your child's shirt will be delivered to their room.

Name _____

Classroom _____

House colour _____

Size _____ (4-16 + S men's)

(If you are unsure of the house colour, leave this blank and we will fill it in. House colours stay the same for the time that your child is at Parkvale.)



Parkvale School

Direct Credit / AP Details

At Parkvale School we run student accounts, they are maintained on our student management system and statements are sent out once a term, or on request.

We have found that it makes school expenses easier to deal with when an automatic payment or direct credit is set up for your child/rens schooling. This can be paid in whatever amount and format works for you eg weekly, fortnightly etc.

Once in credit, all school expenses can be taken off this account, eg school donation, stationery, uniform, class trips, camps etc.

For further information please feel free to talk to Maree or Andrea in the school office

Parkvale School Account
ASB, Hastings
A/c # 12-3145-0205772-01

Please use youngest Students name in the "Particulars"
In "Reference" what it's for eg, Schooling

Connect With Us!

Check out all the different ways we offer parents/caregivers to create strong home/school partnerships and communication. We encourage you to download the Seesaw Family App and Skool Loop Apps and join our Facebook Page. This will ensure you have communication with your class teachers as well as access to the latest newsletter and happenings at school. It is important to make sure you have notifications turned on, on your phone for these sites to ensure you receive the latest updates.

School Newsletters



School newsletters are published once a fortnight and contain lots of information. They give you an insight into what's been happening over the previous fortnight at school and upcoming events. The newsletter is only available digitally and can be accessed through our Website, Facebook, Seesaw and the Skool Loop App.



School Website

The school website holds information on term dates, uniforms, newsletters and other general information you may be looking for.

www.parkvale.school.nz

Seesaw



We are using Seesaw for Schools across the school. This is a place where you can see your child's learning, as well as being a way of teachers sending messages both individually to you as a parent or to the whole class. Details of joining your child's journal are available from your class teacher. Download the Seesaw Family App on Google Play or Apple App Store



Parkvale School App - Skool Loop



The Skool Loop is available for Apple and Android phones. This displays and updates a calendar of events for our school and also means you can receive push notifications for special events and also send absences through here. Get the app in Google Play Store or Apple App Store



School Facebook Page

"Like" us on facebook and keep up to date with happenings and events



Google Sites

Some Senior classes have a site where you have access to what's happening in the classroom and learning links, class set tasks etc. Your class teacher will be able to help you with specific addresses for these.



Absences

If you have an absence text 027 334 0937, send an absence through the Skool Loop App, fill in form through the school website as above, or or ph 878 6616 and leave a message.

It is important to notify the **school office** of absences, not only the teacher, for safety reasons.



Kia Ora Welcome to
**PARKVALE
SCHOOL**

SCHOOL MAP DIRECTIONS



After School Care



K.A.S. (Kids after School) Care Ltd

Parkvale School Hall from 2.45pm to 5.30pm

Contact numbers Julie Field Phone 027 5447539/8776345 and Karen Davidson Phone 8777360/0275509679

Lulu and Max

After School 2.30pm to 6pm and Holiday Programmes

258 Havelock Road, Hastings. Contact No 02102481477

Y-OSCAR (Out of School Care and Recreation)

Hastings YMCA, 720 Pakowhai Road, Hastings. Phone 8783027

Should you have any further enquiries the office staff will be able to assist you.



LUNCHBOX IDEAS

Ngā taurira Kai



- Involve your children in lunchbox choices and preparation. You could make your own healthy lunch at the same time.
- Roll it, stuff it or spread it. Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwana bread.
- Cut sandwiches into different shapes using a biscuit cutter or knife.
- Stop sandwiches going soggy. Pack bread and fillings separately and let your child make their own sandwich at lunchtime.
- Make items in bulk and keep in the freezer eg. mini pizzas mouse traps or frittata.
- Add lemon juice to cut up fruit (apples and pears) to stop them going brown.
- Choose water, the best drink for your child.
- A frozen drink bottle or icepack helps keep milk products & meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.



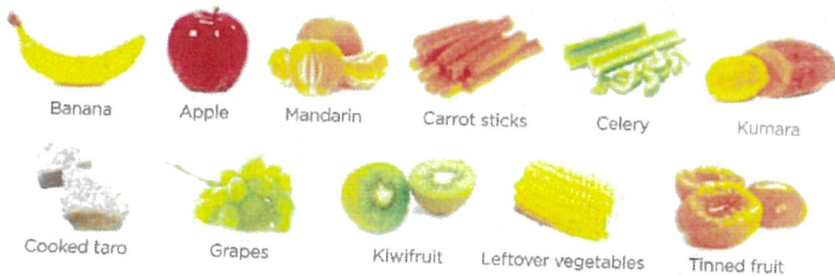
LOADING UP THE LUNCHBOX

Ngā Kai tika ō te tina

Children need a variety of healthy food to learn and grow.
Try to choose foods from each of the four groups below, every day.



Vegetables and fruit



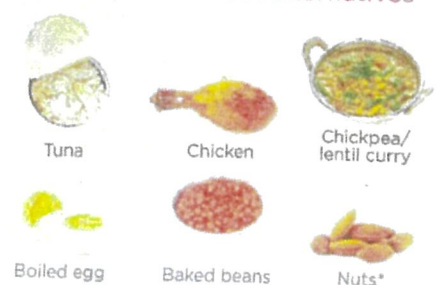
Milk and milk products



Breads and cereals (wholemeal/wholegrain)



Lean meat and meat alternatives

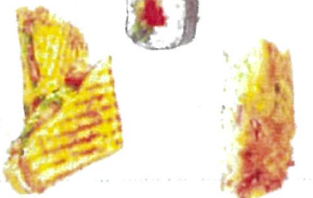


TIPS

Aim for a lunch box that has the four food groups (vegetables and fruit, protein, dairy, grains) milk and milk products and iron meat, fish, seafood, eggs, poultry and tofu (soybean).

MIXING IT UP: MEAL IDEAS

- Leftovers from dinner. For example pasta can be made into a salad or use roast vegetables in a **frittata**.
- Add variety to **sandwiches** by cutting into different shapes, making club sandwiches, **pinwheels** or using different breads such as rævæna bread or pites
- Wholemeal wraps with tuna, lettuce and grated carrot
- **Meatballs** and pasta
- Wholemeal toastie. For example cheese and tomato, cheese and corn or cheese and pineapple.
- **Vegetable dumplings**
- **Sushi**
- **Vegetable fried rice**
For example zucchini or corn
- **Vegetable fritters**
Dhal and roti
- **Bean and rice salad**



MIXING IT UP: SNACK IDEAS

- Seasonal vegetables. For example corn cobs, baked kumara, capsicum sticks, and halved cherry tomatoes.
- Seasonal fruit. For example watermelon, grapes, feijoa, strawberries, oranges, plums, apricots.
- Plain yoghurt with berries or cut fruit
- Celery sticks with peanut butter
- Carrot sticks with cottage cheese
- Plain popcorn
- Grainy crackers or rice cakes with cheese
- Vegetable sticks with avocado dip
- Mini wholemeal sandwiches
- Custard



SAFETY TIPS

- Remember to take into account your child's age when packing their lunch box.
- Small and round or soft foods such as popcorn and sausages can get stuck in children's airways. Grapes and cherry tomatoes can be halved and stones should be taken out from fruit.
- Hard foods such as nuts, raw fruit or vegetables may be difficult for young children to bite and breakdown enough to swallow safely. Carrot, celery or apple can be cooked until soft or grated.
- Check to ensure there are no allergy restrictions at the early childhood education service.
- Keep lunch boxes cool by including a frozen water bottle.

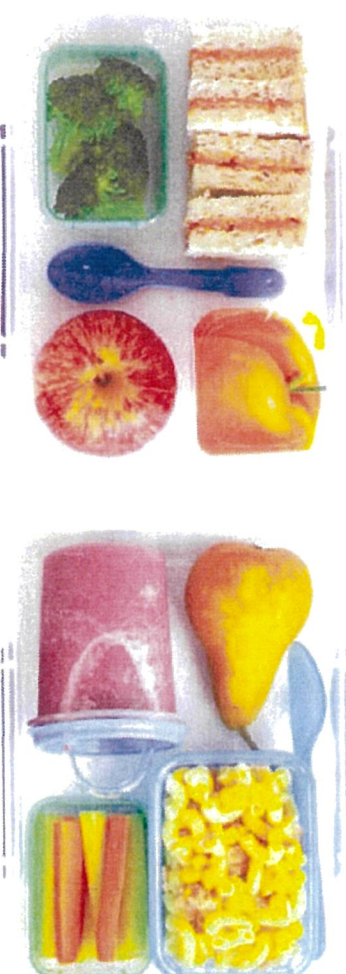
MONEY SAVING TIPS

- Growing your own vegetables can be cheaper and is a great way to teach young children about vegetables and fruit. Green beans, cherry tomatoes and lettuce are great items to start with.
- Buy vegetables and fruit that are in season.
- Remember frozen berries and vegetables can be cheaper options.
- Buy items in bulk such as yoghurt and cheese and put into small containers for the lunch box.



FUELLED4LIFE LUNCH BOXES FOR 2-6 YEARS

HERE ARE SOME LOW COST, EASY AND INTERESTING LUNCH BOX IDEAS



REMEMBER IT'S WHAT YOUR CHILD EATS
OVER THE WHOLE DAY THAT IS IMPORTANT