



Our children's lunchboxes...

A few weeks ago 'Close Up' ran a story about the state of the preschoolers teeth in NZ. According to a new report 1/2 of all 5 year olds have at least one filling and this is getting progressively worse.

- Frequent snacking encourages decay because the bacteria always has food in the mouth to work on.
- Food in packets (processed foods) are high in at least sugar, fat or salt.
- Fruit juices lack fibre which means the sugar in them is concentrated.

We collected the morning children's lunchtime processed food packets over a week and put them on a table by the noticeboard. It was a big pile!

- Healthy food doesn't have to be expensive or time consuming – a mousetrap, toasted sandwich, carrot sticks, peanut butter sandwich, a cut up apple...
- The best drink for children is water.
- Fresh fruit and vegetables are essential for healthy teeth.
- Preparation is important - children may not get an apple out of the fruit bowl to eat but will enjoy eating it if it is cut up.

Healthy Lunchbox Ideas

- ✓ Sandwiches/Filled Rolls/Wraps/Pita pockets:
Spreads – ie. Marmite, honey etc.
Cheese and marmite
Egg
Cream cheese and apricot
Egg and ham
Grated cheese or carrot with crushed pineapple
Ham, cheese and lettuce salad
Marmite/vegemite with chopped lettuce
- ✓ Breadcases
Spaghetti and cheese
Baked beans
Cream corn and ham
Leftovers – meat and corn etc.
- ✓ Bacon and Egg pies or quiches
- ✓ Muffins
- ✓ Mini pizzas
- ✓ Scones
- ✓ Pikelets
- ✓ Corn fritters with relish to dip
- ✓ Salami sticks
- ✓ Sausages (great if you have leftovers)
- ✓ Salami and crackers or cheese and crackers
- ✓ Toasted pita pockets or french stick (cut into dipping sized pieces) with dip
- ✓ Seasonal fruit chopped up together as a fruit salad
- ✓ Vege sticks with hummus
- ✓ Popcorn
- ✓ Crispy noodles
- ✓ Yoghurts
- ✓ Cheese wedges
- ✓ Trail mix (a few of each) nutrigrain, raisins, pretzels, mini crackers, ricies, special K, popcorn etc.
- ✓ Toasted sandwiches – cheese and pineapple, spaghetti, cream corn
- ✓ Celery sticks filled with peanut butter, cottage cheese, cream cheese

Safe Sound Indicator

We recently had a safe sound indicator installed (it's on the wall by the couch).

"Red means we need to quieten down, our voices are too loud. Orange means we are getting a little bit noisy and green means we are talking and playing quietly."

The children are able to use it to monitor the noise levels themselves and as parents we can use it to monitor our voices at mat time.





Parkvale Kindergarten

Move-a-thon

Wednesday 24 August 2011



Dates to Watch

The Gruffalo Show (Morning Children only)
 Committee Meeting – Come along, all welcome!
 Char from Sports Hawke's Bay taking fitness session
 Grandparent's Day
 End of Term 3
 Start of Term 4

Thursday 8th September
 7pm, Wednesday 14th September
 Tuesday 20th September
 Thursday 29th September
 Friday 7th October
 Tuesday 25th October



Head Teacher Fiona Wiseman
Teacher Kylie Gilmore
Teacher Vicki Simpson
Teacher Karen McLaughlin
Resource Person Ann Anderson

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Session Times

Morning Sessions:
 Monday – Friday 8:15am – 12:30pm

Afternoon Sessions:
 Monday 1:15pm – 3:15pm
 Tuesday 1:15pm – 3:15pm
 Wednesday Administration
 Thursday 1:15pm – 3:15pm
 Friday Administration