Healthy Eating Habits

We have begun our unit on healthy habits. We have started with healthy eating. The children have been quick studies, quickly familiarising themselves with the 4yr old healthy food pyramid. As a group we cross referenced everyone’s lunch box contents with the pyramid. We were able to give lots of thumbs up to the healthy foods that are being packed. There were some amazing conversations during lunch time and the children were encouraging each other not to eat their “sometimes food”. We painted pictures of our favourite healthy foods. We were also very lucky to have Shannon from Maari Ma start with her nutrition program. Apples were her choice of fruit to explore. We listened to a story about a little red house with a star inside (an apple cut in half). The children became so absorbed in the story and were amazed to find out that the house being talked about was an apple. They were even more amazed to see the star inside a real apple. Everyone had a touch, smell and taste of some apple slices. After the activity the children had fun painting prints with sliced apple. At home you can help create a healthy environment by offering your kids nutritious options for family meals and snacks. You can particularly support us in the endeavour by being conscious of what is packed in the lunch box on the days they will attend preschool. Healthy eating at home prepares kids mentally and physically for their day. One of the best ways to teach kids better eating habits is including them in the process. Have them help choose healthy foods at the grocery store and be a helping hand when cooking nutritious meals in the kitchen. Cooking with your kids can help picky eaters learn to like more foods.

Our new order of Bugdlie T-Shirts are in!
Bugdlie T-shirts $15 a shirt
Also check out our Jumpers $20 each Jumper

To Do

- Please bring a tooth brush for your child to use this year
- Please fill in the “My Family” survey with your child and bring in a photo of your family for our wall.

Happy Birthday to Arie and Aunty Barb

Just a reminder that we are a NUT FREE ZONE