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## Preschool Healthy Breakfast

Dear parents/carers,

Throughout the term we have been discussing and completing activities regarding healthy food choices. One of the activities the children participated in was the creation of a healthy breakfast menu. In class groups the children actively created a list of healthy food that could be eaten for breakfast. To consolidate the ideas of the children and to celebrate the end of Term 1, 2014 we are going to hold a **healthy breakfast**. All items on the menu reflect the ideas of the children.

This breakfast aligns with our Early Years Learning Framework and the educational outcomes for the children include: the sharing of aspects of culture with other children and educators and; demonstrating an increasing awareness of healthy lifestyle and good nutrition.

We are asking for families to bring an item from the list. The list is located on a clipboard in your child's classroom. Please indicate on the list which food item you can provide.

If your child is an early riser and may be hungry by that time, please give them something to eat before they arrive.

**DATE: Thursday 10th April 2014**

**TIME: 8:55am**

Partnerships between the home and school are important to us. Families are invited to join us for breakfast and we welcome the opportunity to share this special occasion with you.

To add to the occasion we will be asking the children to come dressed in their pyjamas. As we will still be spending some of the day doing outdoor activities, we ask that the children wear shoes, not slippers. Children will need to bring a jumper to school rather than a dressing gown as the ties on dressing gowns could become loose making dressing gowns unsafe. If the children wear nighties please ensure that they wear shorts/tights/trousers underneath.

We will still be eating our fruit, morning tea and lunch later in the day, so please send this along as normal, and be sure that your child has their water bottle for the day.

Please see a staff member if you have any concerns about the menu.

We thank you in advance for your assistance and we look forward to seeing you there!

The Preschool Team