



Nutrition

The program provides children with a nutritionally balanced and varied diet in an environment which fosters positive self-help, self-esteem and social skills.

Morning/afternoon tea and lunches are prepared on the premises.

Please discuss any expectations you have in regard to your child's diet and menu ideas, favourite recipes are always welcome.

Please inform us of your child's "interesting" eating patterns.

Special diets, cultural diversity and allergies are catered for (where possible).

No spoon feeding will occur unless child has special need. We require written permission of family.

Lunch and snack menus are displayed on the noticeboard in foyer.

Healthy eating habits and diversity of foods will be discussed with the children incidentally and within the program.

(Refer to: Nutrition Policy, Oral Hygiene and Food Handling Policy)



Birthdays

The celebrations of birthdays are a welcome event at the Centre.

Please feel free to send in a cake or other goodies to help celebrate (if you wish).

Please provide a list of ingredients, packet mix or shop where purchased for our records (to ensure children with intolerances/ allergies can be kept safe).

The cake/s is covered with plastic wrap and children sing "Happy Birthday" to their friend, then the candles are blown out.

Birthday cake is normally served with after rest milk at approx. 2:00pm.