

What to pack

Please ensure your child always has:

- A large water bottle with lid covering the mouthpiece
- Healthy morning tea and lunch - in separate containers
- Sheets for rest and relaxation time (cot size fitted and flat sheet in a fabric bag)
- Spare change of clothing (underwear and clothing for the appropriate season)

Hats: SunSmart at IGS

IGS supplies each of our Early Learners with an IGS bucket hat in a colour to match their new friends in their class group - red, green, blue and gold. IGS hats are broad brimmed and meet NSW Cancer Council's sun safe specifications. Hats are kept at IGS and laundered by the Centre.

IGS Early Learning uses a combination of sun protection measures whenever UV levels reach 3 and above to ensure children and staff are well protected from too much UV exposure. Play experiences are provided in the shade and children are supported to apply SPF50+ sunscreen prior to outdoor play when the UV is 3 or above.

Mealtimes

At IGS, mealtimes are positive, relaxed and social. Children sit together in small groups, enabling close support, supervision and interactions between children and staff.

On arrival at the Centre children's morning tea and lunch boxes are unpacked into the labelled baskets in large fridges on ground floor and Level 1 of the Centre. Early Learning programs are required by the Department of Education to refrigerate perishable food.

Children's drink bottles are unpacked into the classroom drink caddy - children have access to their drink all day.

Just before mealtimes, a staff member unpacks the basket of lunch boxes from the fridge.

Please clearly label all of your child's belongings including lunch boxes and drink bottles. We encourage families to use the same containers and drink bottles where possible - this will assist your child to recognise their belongings, avoids confusion and increases independence.

Please note, there are no heating facilities for lunches in Early Learning.

What food do I pack for my child at the Centre?

Early Learning recognises the importance of healthy eating to the growth and development of young children and is committed to supporting the healthy food and drink choices of children in our care. Families are required to follow the IGS Nutrition, Food, Beverages and Dietary Requirements Policy and Procedure during their child's enrolment in the Centre.

Families are asked to ensure fruit, vegetables and other nutritious food are packed for morning tea and lunch at the Centre.

Suggestions for healthy morning tea and lunch foods include:

- Chopped fruit and vegetables with hummus dip
- Dairy foods including cheese
- Sandwiches with wholemeal bread

Please save less nutritious foods for home, such as sweet biscuits, chips, cakes, cordial, chocolate and lollies. Children are not permitted to eat these foods in the Centre.

Visit www.healthykids.nsw.gov.au for more ideas about healthy mealtimes for young children.

Choose water as a drink

Drinking water is the best way to quench thirst. Water doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones. **Please only pack water in your child's drink bottle at Early Learning.**

Milk is a nutritious drink for children and a great source of calcium. Plain milk is permitted in the Centre pending requirements relating to children with serious allergies.

IGS Canteen

Children attending the Early Learning Centre can receive morning tea and lunch orders from the IGS School Canteen. Orders can be arranged online via [Flexischools](#) or direct at the canteen.

Children with serious allergies

The safety and well-being of all children is paramount at IGS. Our Centre is an allergy aware centre. Staff have training in severe allergy management and we implement strategies to help keep children at risk of anaphylaxis safe.

The Centre enrolls children who live with the risk of anaphylaxis to a range of specific foods. Whilst these children are being taught to care for themselves at an age appropriate level, we ask that you help us to educate your child regarding the following:

- The importance of not sharing food with others (only eating food from their own lunchbox).
- Washing their hands thoroughly with warm soapy water.
- The need to wash hands before and after eating at the Centre.
- Putting rubbish and food scraps from mealtimes straight into the bin or back into their lunch box.
- Calling out to an adult if they think their friend with allergies is sick.

To support the health and wellbeing of children with anaphylaxis in the Centre we request that foods containing the following products are not brought to the Centre currently:

- Nuts
- Concentrated egg products (for example, whole boiled egg, quiche and omelette)
- Milk drinks, and messy dairy foods including custard and yoghurt eaten with a spoon

Non-allergic children at the Centre can eat baked goods that contain egg and milk. Non-allergic children can also eat yoghurt from a pouch (rather than yoghurt consumed with a spoon) as this presents less risk of mess and cross contamination of children with anaphylaxis.

We ask that Early Learning parents and carers do not order milk drinks from the canteen - we will be unable to serve these to your child.

Staff will support all children not to share food and wash their hands before and after eating.

Birthdays

We recognise the significance of acknowledging much anticipated birthdays during this period of early childhood. Increasingly, we celebrate birthdays with non-food items including singing (Happy Birthday!), playing a game e.g. pass the parcel, or bringing in a special activity e.g. making party hats.

We promote nutritious food at gatherings and celebrations in the Centre.

Please contact the Centre in advance if you would like us to acknowledge your child's birthday with their class group. Please discuss with your child's teacher your intention to bring in a party game, activity or food to acknowledge your child's birthday. Please note, there are several children in the Centre with severe allergies.

Families who bring food items are encouraged to provide healthy options such as cakes sculpted from fruit, air blown popcorn or other healthy foods. Families who choose to bring cake may bring plain vanilla/butter cake in mini muffin size, with small amounts of icing (or preferably no icing). Mud cakes, donuts and rich cakes will not be served.

Please note, due to COVID19 and risk minimisation in the Centre, we are currently refraining from sharing food items for birthdays. Food brought from home needs to be nut free. We appreciate that not all families celebrate birthdays and will manage this on an individual basis