



WARRAGUL NORTH PRIMARY SCHOOL NEWSLETTER

#11

18th November 2021

CALENDAR 2021

Thur	18 Nov	What a Knight rehearsal 3.45pm-5.00pm
Wed	24 Nov	2022 Foundation orientation sessions
Thur	25 Nov	What a Knight full dress rehearsal at West Gippsland Arts Centre 4.00pm - 6.00pm
Sun	28 Nov	What a Knight performances at 1pm & 6pm at West Gippsland Arts Centre
Fri	3 Dec	Junior Sports Day at WNPS
Tues	7 Dec	Statewide orientation day 2022 Foundation orientation sessions
Fri	10 Dec	JSC Christmas Food Drive & Christmas dress up day in aid of Baw Baw Combined Food Relief
Tues	14 Dec	Year 6 Graduation Assembly & morning tea Year 6 red-carpet procession & presentation
Wed	15 Dec	Year 6 Big Day Out excursion to Forest Edge
Thur	16 Dec	Students visit their 2022 grades Academic program for 2021 concludes at 3.30pm
Fri	17 Dec	Clean Up & Moving Day - 1.30pm dismissal. No school buses running

CALENDAR 2022

Mon	31 Jan	Term One commences for Year 1 to 6 students Welcome Day for Foundation families
Tues	1 Feb	Term One commences for Foundation students 9am 'Tea and Tissues' for parents of Foundation students



12 SCIENCE INCURSION



2 WARRAGUL NORTH CUP

Principal's Report

Remembrance Day Ceremony

Remembrance Day falls on the 11th of November each year. On the 11th hour on the 11th day of the 11th month, one minute of silence is observed and dedicated to those who died or suffered for Australia's cause in all wars and armed conflicts.

On Thursday 11th November, Warragul North Primary School conducted our own Remembrance Day service on-site. At 11.00am Mr Anthony Gardner, one of our

Education Support Staff, played The Last Post on his trumpet and the whole school observed one minute of silence followed by The Rouse. Our School Captains, Oscar and Kaely, laid a wreath on behalf of Warragul North Primary School students, staff and parents. Each student leader then came forward individually to pay their respects.

I attended the Remembrance Day service held at the cenotaph in Warragul and laid a wreath on behalf of Warragul North Primary School.

Lest we forget.



Principal's Report *continued*

Remembrance Day Ceremony



Inaugural Warragul North Cup

Prior to the running of the 2021 Melbourne Cup on Tuesday 2nd November, Warragul North Primary School held its inaugural Warragul North Cup Day on Monday 1st November.

A big thank you to Ms Szalek, our Assistant Principal, for organising and timetabling the day for each year level of students. The fun filled activities included hobby horse races with students madly cheering each other. Students also made fascinators, hats and bowties. Throughout the day each year level had a Fashions on the Field competition and a hat parade.

The day was full of fun for our students as they enjoyed each part of the day with their friends.





Official Opening of the Library Ramp

The official opening of the new ramp to our library was held on Wednesday 10th November despite the inclement weather. A small but important group of invited attendees were present for the momentous occasion.

Miss Cummings, our S.T.E.M. Teacher and Owen from 0HU cut the ribbon to officially open the access ramp. It was delightful to have Mackenzie, a past WNPS student, return for the ramp opening. The ramp is a fantastic addition to our school and it is great to see it in constant use each day.

The Warragul North School Community is very grateful to have received the grant from Victorian School Building Authority which funded this initiative.

Corinne Collins
Principal



Book Week *Dress Up Day*

A host of literary characters arrived at Warragul North Primary School on Friday 29th October, to celebrate Book Week. The children and teachers certainly were very creative and imaginative with their costumes. Harry Potter, Snow White's Seven Dwarves, the Mad Hatter, Willy Wonka, Thelma the Unicorn, the Three Little Pigs, Thing 1 and Thing 2, Little Red Riding Hood, Cinderella, Mary Poppins, and many other characters were on show.

Thanks to our Parent Club for organising our Book Week celebration that raised \$416.20 to be spent on books for our fabulous library. Mrs Burton is very grateful for the support given to the library by Parent Club and is excited about the great new books she will be buying. The books will soon be ready for the children to borrow.

There was a great response to the Parent Club poster competition with a large number of entries received. The winners will be announced shortly.







Hello from the *Acorn Room*



The concept of Post Traumatic Growth can be helpful in understanding the ways our children (and ourselves) might emerge from the trauma that we have all experienced in the past two years during the COVID-19 pandemic. Interestingly, Tedeschi and Calhoun's (2004) explanation of Post Traumatic Growth suggests that trauma

survivors are three times more likely to experience growth than Post Traumatic Stress Disorder. They also suggest that over half of trauma survivors report positive changes as a result of their experience.

According to Klein (2021), we can help our children to grow from traumatic experiences, including the challenges posed by living through the current pandemic, by doing the following:

1. Focus on the issues as challenges and not threats – this is a positive psychological response which involves using our social and emotional abilities to overcome as opposed to stress, which may invoke a more fight or flight type response.

2. Implement deliberate rumination instead of intrusive rumination. After a traumatic event it can be constantly on our minds and upsetting thoughts can intrude at times when we have no control over them. Instead, we need to provide healthy space for thoughts at appropriate times, such as inviting our children to speak about their experiences and clear out their heads when they are feeling ready to. We need to acknowledge their feelings and what is occurring for them and avoid rushing in to try to fix the problems.

It is my hope that our children may emerge from these years with new skills and new abilities to cope during adversity, and in future years we will see the growth we have all achieved from this challenging period of life.

Mrs Sheryn Cutler, WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families in the Acorn Room on Tuesdays and Thursdays.

2022 Class Allocations & End of Term Arrangements

Children will be placed in their 2022 classes for half an hour on Thursday 16th December. This will provide an opportunity for the children to become familiar with their 2022 classroom, classmates and if possible their new teacher in preparation for next year. The academic program for 2021 will conclude on Thursday 16th December and students will be dismissed at 3.30pm.

The last day of the term will be a cleaning up and moving furniture day in preparation for 2022. Students who attend school on this day must wear full school uniform and will be helping teachers clean up. Students will be dismissed at 1.30pm on Friday 17th December. **THERE WILL BE NO BUSES ON FRIDAY 17TH DECEMBER.**

School Commencement Dates for 2022:

Year One to Six students commence – Monday 31st January, 2022

Welcome Day for Foundation Families – Monday 31st January, 2022

Foundation students commence – Tuesday 1st February, 2022

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) or been identified as a close contact they must isolate/quarantine until they receive clearance from DHHS.

Children with persistent symptoms due to underlying conditions such as hay fever or asthma whose symptoms are clearly typical of their condition can continue to attend ECEC/school. They should be tested for COVID-19 if they develop symptoms that are different to or worse than their usual symptoms. They should consider getting a medical certificate from their GP to attend ECEC/school if they have persistent symptoms that may overlap with symptoms of COVID-19 such as cough or runny nose.

Younger children (pre-school up to Grade 2) may have prolonged post viral symptoms such as a runny nose or cough and may return to school/ECEC following a negative COVID-19 test even if they are not completely free of symptoms. They will need a medical certificate from their GP to confirm they are otherwise well or have recovered from their acute illness.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.





National Science Week Poster Competition

During National Science Week a competition was held where children were asked to make a healthy decorative picture with food. We had many wonderful entries and it was difficult to choose the winners. Well done to all the children who entered. The posters will be on display in the gallery.

Congratulations to each of the winners who each received a fantastic scientific gyroscope.

SPECIAL MENTION:

- ☺ Uday (2JE)
- ☺ Cody (2BA)
- ☺ Alicia (3BC).

WINNERS:

- ☺ Jack (2JO)
- ☺ Alyssa (1BO)
- ☺ Jeylen (4/5R)

Mr Ross Jones
Science Co-ordinator



Pictured are our winners, Alyssa, Jeylen and Jack.

School Costs 2022

The school costs for 2022 were confirmed at the October meeting of School Council.

Families will be e-mailed their Student Supplies cost at the beginning of 2022. Payment is due as soon as possible.

Payment can be made in person at the school office, using BPay, by sending the payment in a named envelope with your child or online using internet banking.

Our bank details are: BSB 313-140 ACCOUNT NO. 12012190.

Families who are in receipt of a Centrelink payment (e.g. Family Tax Benefit, Parenting Payment, etc) are able to set up a Centrepay facility to pay their school account in fortnightly instalments. Please call at the school office for further information or to set up Centrepay.

WARRAGUL NORTH PRIMARY SCHOOL SCHOOL COSTS 2022:

The school costs for the 2022 year as set by School Council are as follows:

STUDENT SUPPLIES \$285.00 FOR FOUNDATION - YEAR 6 STUDENTS



To ensure all WNPS students have the stationery supplies needed for the academic year the Warragul North School Council makes a bulk purchase from reputable suppliers on behalf of parents. This ensures the children's supplies are purchased effectively and easily. The bulk purchase also means all students have the same supplies (e.g. pencils, pens, rulers, paper, paint, glue, etc).

Included are materials and equipment for Visual Arts, Performing Arts and Physical Education. Foundation students receive a WNPS satchel, a whiteboard and a set of headphones.

Students are provided with online platforms including Maths Online, Wushka, Phonics Hero, Literacy Planet and Ed Alive. These are educational websites for Mathematics and reading that the children will use at school and will also have access to at home.



‘FOR THE RECORD’ SCHOOL YEARBOOK \$30.00 PER FAMILY

The school yearbook is issued at the end of the year to the eldest child in each family. It is a fantastic record of the Warragul North Primary School year and includes photos of the many activities the children take part in during the year.

OTHER CONTRIBUTIONS PER FAMILY

GROUNDS MAINTENANCE CHARGE \$40.00

Parents are keen to see the school's buildings and grounds properly maintained in order to provide their children with a clean, tidy and safe learning environment. To assist in achieving this goal the grounds maintenance voluntary contribution will allow the school to engage paid labour.

WORKING BEE \$60.00



The Buildings and Grounds sub-committee of School Council hold a minimum of two working bees each year. At Warragul North Primary School we recognise that parents cannot always be available on these days. The working bee voluntary contribution enables families to contribute in lieu of attendance.

END OF YEAR LIBRARY CLOSURE



The school library will be closed for borrowing as of Monday 6th December 2021. Your assistance would be appreciated in

having all books returned to the school during the week of Monday 6th – Friday 10th December.

A friendly reminder that your children should make good use of Wushka to continue their reading until the library reopens in 2022.

Thank you for your assistance.

Mrs Ann Burton, Library Technician

2022 FOUNDATION (PREP) ENROLMENTS



Enrolment forms are available from the school office for families wishing to enrol a child for 2022 in Foundation (Prep). Please enrol siblings as soon as possible to ensure all children are included in the orientation program which commences on Wednesday 24th November, and to assist with class planning for 2022.

BEFORE AND AFTER SCHOOL SUPERVISION

Before school supervision is provided between 8.45am and 9.00am. Please do not drop children off in the morning prior to 8.30am.

After school supervision is provided between 3.30pm and 3.45pm. Children who have not been collected by 3.45pm are to go to the office and wait to be collected.

JUNIOR SCHOOL SPORTS DAY - FRIDAY 3RD DECEMBER



The Junior School Sports Day will take place on Friday 3rd December at school for Foundation to Year Two children. A note with all the details and a timetable will be sent home next week.

PARKING | TRAFFIC FLOW DISABLED PARKING



Please be aware that the 'reserved' parking permit area near the administration building is for staff use only and permits must be displayed on the windscreen.

If everyone adheres to the agreed parking areas and direction of traffic flow it creates a safer environment for children during drop off and pick up times.

Just a friendly reminder that the disabled parking space provided outside the administration building is for people with a disabled parking permit only. It is also requested that you be mindful of other people who use this space and not double park across it. Please do not park across this specially designated car space. Thank you.

To assist families to clearly understand the various parking signs displayed around our school, in our newsletters we will include detailed information from the VicRoads website.

Disabled Parking Signs

You are not allowed to park in parking bays that have a disabled parking sign or road marking unless you have a valid disabled parking permit.



ARE YOU MOVING?



If you plan on leaving Warragul North Primary School at the end of 2021, it would be appreciated if you could notify the school office as soon as possible.

This will assist us with our class planning for 2022 and also enable us to forward a transfer note to your children's new school. Thanks!

YEAR SIX GRADUATION 2021

The Year Six teachers and WNPS Leadership Team have been working together to arrange a special conclusion for our Year Six students. We are keen to make their last days of primary school special and memorable for them while operating within Department of Education guidelines and restrictions.

Tuesday 14th December

1. Year Six graduation and awards ceremony for Year Six students only

(Parents/carers and other family members and friends cannot attend in person due to density and social distancing regulations). This event will be recorded and shared with families. Following the ceremony, Year Six students will have a special morning tea to celebrate their graduation.

2. Red-Carpet Procession and Presentation

A drive-through red-carpet event where Year Six students and their families emerge from their car and take the opportunity for photos. The graduating student will receive their certificate, mementos and Class of 2021 photo. Information will be sent home shortly about the online booking process for the red-carpet presentation.

Wednesday 15th December

3. Year Six Graduation Excursion – Big Day Out

Year Six excursion to Forest Edge to celebrate the conclusion of their primary school years.

The permission forms for the Big Day Out were sent home last week.



Child Safe Standards

What do the child safe standards mean for your child and school?

Children have the right to be safe and protected, including at school. The child safe standards have been introduced in Victoria to achieve a zero-tolerance approach to child abuse. The seven child safe standards are:

- Strategies to embed an organisational culture of child safety, including through effective leadership arrangements
- A child safe policy and statement of commitment to child safety
- A code of conduct that establishes clear expectations for appropriate behaviour with children
- Screening, supervision, training and other human resource practices that reduce the risk of child abuse by new and existing personnel
- Processes for responding to and reporting suspected child abuse
- Strategies to identify and reduce or remove risks of child abuse
- Strategies to promote the participation and empowerment of children

For your information WNPS has:

- Strategies to embed a culture of child safety at the school and roles and responsibilities within the school for achieving these strategies
- A child safety policy and a statement of commitment to child safety
- Code of conduct outlining clear expectations for appropriate behaviour by school staff with children
- Strategies to promote child empowerment and participation
- Procedures for reporting suspected child abuse



Outside School Hours Care

Hello to you all, my name is Taylah and I am the new coordinator for YMCA OSHC program at Warragul North Primary School. We have all been welcomed warmly by so many amazing families, children and the wider school community. Thank you.

These last few weeks with YMCA have been very exciting and interesting. Children have had the opportunity to add new furniture and toys to create their own space to make it warm and inviting as well as creating a place they love to go to. The children have participated in many science-based activities such as Coke and Mentos, rainbow milk and volcano experiments.

Children have also participated in various sporting activities such as hula hut wars, four square, soccer and basketball. Children have also participated in various themed Melbourne Cup activities such as creating hats, horse sweep and several carnival game competitions.

We at YMCA children programs are excited to meet many more amazing families and look forward for the rest of the term and to the future with you all! If you are interested in enrolling please don't hesitate to email us at WarragulnorthOSHC@ymca.org.au or give us a call on 0418 662 225.

FACEMASKS

For adults:

A friendly reminder that Regional Victoria is under stay safe directions number 12 currently.

Within these directions face covering requirements state that a person in Regional Victoria must:

- ☺ Carry a face covering at all times
- ☺ Wear a face covering while in an indoor space

So please wear a mask and maintain social distancing.

Visitors to school grounds must comply with face mask requirements, QR code check-ins and density limits as per D.E.T. the operations guide.

Thank you in anticipation of your co-operation.

For students:

- ☺ Students in junior years are strongly recommended to wear face masks when at school
- ☺ Students in Years 3 to 6 are required to wear face masks when indoors on school premises unless a lawful exemption applies.

AS STUDENTS IN YEARS 3 – 6 ARE REQUIRED TO WEAR MASKS AT SCHOOL PLEASE SEND YOUR CHILD TO SCHOOL WITH A MASK EVERY DAY.

SUNSMART

The Sun Protection Policy was approved by School Council in June 2020. The policy aims to protect students from over-exposure to U.V. radiation as the U.V. rays can cause sunburn, skin and eye damage and skin cancer.

Parents and students please note that wearing WNPS sun protection hats is compulsory during Terms One and Four each year and at other times of the year whenever U.V. levels are forecast to reach 3 or higher including all off-site activities such as camps, excursions and sports days. So students will need their WNPS sunsmart hats at school all year round.

Children not wearing a Warragul North Primary School sunsmart hat will need to play in the designated undercover area. Thank you!



Being SunSmart in Victoria

When **UV** is **3+**



Slip on covering clothing



Slop on SPF30 or higher,
broad-spectrum, water
resistant sunscreen



Slap on a broad-brimmed hat



Seek shade

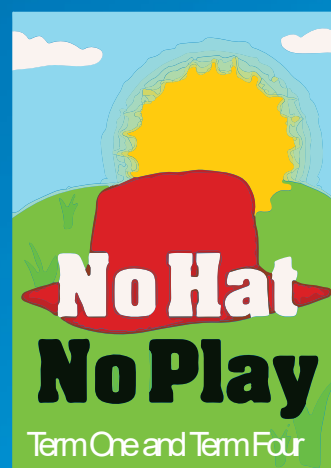


Slide on sunglasses
(AS:1067)

Think UV, not
heat! UV rays can't
be seen or felt and
can damage your
skin on cool or
cloudy days.



Download the
SunSmart app
To find sun
protection
times for your
location in
Australia.



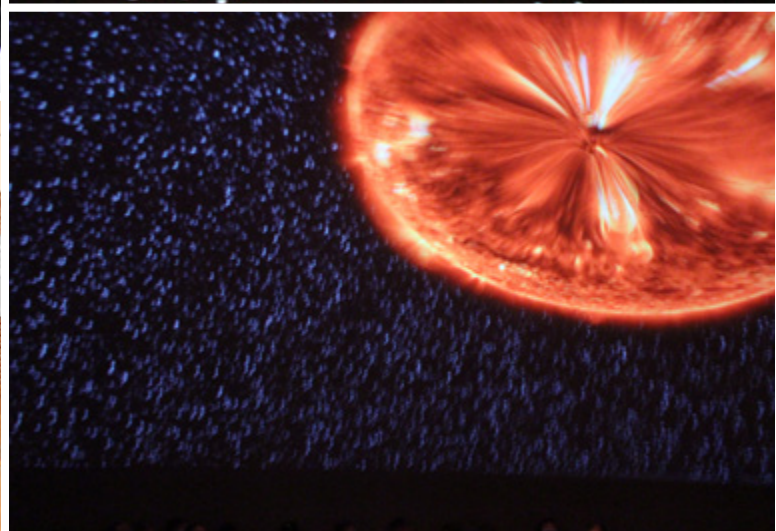
sunsmart.com.au/app

Science Discovery Dome Incursion

An immersive digital full dome experience covering Earth and Space Science took place at Warragul North Primary School from Monday 8th November to Wednesday 10th November 2021. The hour-long sessions led by the presenter were interactive and immersive. Students were engaged as the presenter used a variety of teaching tools: full dome digital projections (modelling, video clips, animations), and /or full dome movies. The Space Science sessions concluded with a tour of the night sky: stars, planets and major constellations. The night sky was displayed over the ceiling of the dome and was accurate for date, time and location.

The children certainly enjoyed visiting the Science Discovery Dome which was set up in the WNPS gymnasium last week. It was lovely to be able to have an incursion back on-site after such a long time.

Mrs Ann Burton
Science Dome Incursion Organisator







The latest Scholastic Book Club catalogue was sent home last week. There are some great books available. Orders can only be placed online using the LOOP system or via the LOOP app. Information is included regarding orders that are for gifts. Cash orders received at school will be returned to families. The closing date for all orders is **Friday 26th November at 4.00pm.**

Book Club LOOP

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

- 1** Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2** Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?



Item No.

FIND

- 3** Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4** All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

Book Club

The **Gift Function** enables you to tag **Book Club** orders on **LOOP** that are intended as a surprise gift. This feature can be used throughout the year, providing your **Book Club Organiser** has enabled the gift function for your school. **LOOP** orders tagged as a gift will be delivered to school and marked accordingly, for the **Book Club Organiser** to set aside at the school office for you to collect.

How to use the Gift Function on Book Club **LOOP** scholastic.com.au/LOOP

Follow these **easy** steps!

1 LOG-IN

2 Select the **ORDER** tab

3 Select your **ISSUE**

4 Check the box **GIFT ORDER**

NOTE: ALL ITEMS ON THIS ORDER WILL BE MARKED AS A GIFT.



5 Enter the book number shown on the Catalogue

6 Select **NEXT** to finalise your order

PLEASE NOTE, THE ITEMS DO NOT COME GIFT WRAPPED.

For books that can be delivered directly to your child, please submit a separate order.

CHRISTMAS FOOD DRIVE

Friday 10th December, 2021

Junior School Council is having
a Christmas Food drive.

Please bring non-perishable donations
from Monday 6th December to Friday 10th
December and place them in the collection
box in each classroom.

Suggested donations are:

Foundation – biscuits; dry sweet or savoury

Year 1 – soft drinks or cordial

Year 2 – cakes, puddings or lollies

Year 3 – sauces or condiments

Year 4 – canned foods

Year 5 – pasta or rice

Year 6 – personal products e.g. shampoo,
conditioner, deodorant, soap

All children who bring a donation may
dress up in their finest Christmas gear
on Friday 10th December.

Thank you for your support!

Donations will be given to the Baw Baw
Combined Churches Food Relief for
distribution to needy families.





TICKETS NOW ON SALE

The Year 5 and 6 children involved in this year's production have been very busy regularly rehearsing, preparing props and creating costumes. Tickets are now on sale from the West Gippsland Arts Centre. The details are as follows:

DATE OF PRODUCTION: Sunday 28th November, 2021

TIME OF SHOWS: Matinee performance at 1.00pm
Evening performance at 6.00pm

VENUE: West Gippsland Arts Centre,
Corner of Smith and Albert Streets, Warragul

HOW DO I BUY TICKETS FOR THE PRODUCTION?

WHERE: Directly from the West Gippsland Arts Centre

WHEN: From 9.00am on Monday 8th November, 2021

HOW: Website - wgac.com.au/

Telephone - 5624 2456 (**box office is open between 9.00am and 5.00pm**)

In person from the box office at the West Gippsland Arts Centre

PRICE: Adult ticket \$15

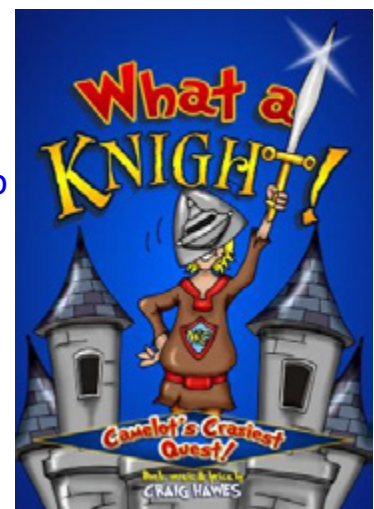
Concession ticket \$10

Youth ticket \$10 (18 and under / student)

HOW MANY CAN I BUY? As many as you like - there is no limit on the number of tickets each person can purchase

Regards,

Sarah Hunkin and Lisa Pyle,
WNPS Production Co-ordinators



Community News

**2021
VIP SALE**

20% OFF*

BELEZA WARRAGUL
Shop 5-6 William Square,
Warragul
(03) 5622 2930

TRADING HOURS
Monday to Friday: 9am to 5pm
Saturday: 10am to 1pm

SATURDAY 27TH OF NOVEMBER TO SATURDAY
4TH OF DECEMBER

Available In-Store Only

*CONDITIONS APPLY

Cannot be used in conjunction with any other offer, voucher or discount. Discount available on full priced Beleza items only.

How can I book a COVID-19 vaccine in Baw Baw?

The COVID-19 Vaccination Hub
has now opened in Warragul.

Visit www.health.gov.au to check
your eligibility and see a list of
participating GP clinics.

To book a vaccination at the
Warragul COVID-19 vaccination hub:

Call 1800 675 398 or

Visit portal.cvms.vic.gov.au

Did you know?

Having your first COVID-19 vaccination makes it **much less likely** you will catch COVID-19.

You are **80 per cent less** likely to be hospitalised if you do become ill with COVID-19.

KEEP YOUR CHILD'S LUNCHBOX COOL & SAFE

Lunch box safety is very important on hot summer days. If food is not packed properly in a lunch box, it could go bad and make your child sick! Follow these simple steps to make sure the lunch box is safe and keeps your food yummy:

- Wash the lunch box often
- Foods that are made the night before (such as sandwiches) are best kept in the fridge or can be frozen. Suitable foods to freeze include bread, cheese, vegemite and cooked meat
- Healthy drinks such as milk and water can also be frozen overnight and added to the lunch box in the morning to keep food cool
- Encourage your child to keep their lunch box in a cool place at school away from direct sun
- Leftover meals (such as meats, rice and pasta dishes) should be packed with a frozen ice block

For more information, go to <http://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Lunch-box-safety+3960+181+article.htm>