



PARENT TEACHERS ASSOCIATION

Eat well, learn well

What you eat and drink may affect how well you learn. If you are hungry or thirsty then you may find it harder to concentrate in class.

Try these top tips to help you eat well and learn well at school

Breakfast

Make time to eat and drink before you arrive at school.

This will give your body the energy it needs first thing.

Breakfast ideas: bread, toast, rolls or pancakes; breakfast cereal; fruit; yoghurt; noodles.

Drink some milk, milo, or fruit juice. Use drinks that have little or no extra sugar added to them.

Morning Break

There isn't long between morning break and lunch time so a **small snack and a drink** should

be enough. This is a good time to eat fruit. **Top favourite fruits at KIS:** watermelon, kiwi, banana, orange, pear, apple, mango, grapes, mangostein, rambutan, pineapple. Eat them fresh, tinned or dried.

Aim to have 5 portions of fruit or vegetables every day (*1 portion is the amount that fits in your hand*).

	Morning Break	Lunch Break
Foundation 1	10 – 10.30am	11.30 – 12 noon
Foundation 2, Yr 1 & Yr 2 (KS1)	10 – 10.30am	11.30 – 12.30pm
Yr 3 – Yr 6 (KS2)	10 – 10.20am	11.30 – 12.20pm
Secondary	10 – 10.20am	12.20 – 1pm

Lunch Break

Keep your packed lunch chilled by using an ice pack in your insulated food container and store this in the classroom.

Or why not freeze a carton of drink and add that to your lunch box—this will also provide you with a nice chilled drink at lunchtime.

Suggestions

Sandwiches with cheese, meat, egg or fish

Chicken rice Corn Sushi

Lasagne Pasta Fried rice

Spring roll Pizza

Hot lunch If you would prefer to provide your child with a hot lunch please deliver it to the lunch delivery table by 11am (Primary) or Noon (Secondary)

Please note KIS has a **'no junk food'** policy

Please do not bring in sweets, chocolate or other foods that have lots of sugar or fat in them at break and lunchtime, thank you.

Remember to drink plenty of water throughout the day, especially after exercise



Swimming & PE

Being physically active uses up energy.

You might want to bring in a snack for Morning Break on the days when you have PE or go swimming.