

## PINNAROO VACATION CARE

### CHILDREN TO BRING EACH DAY

- Water Bottle\_ Children without a water bottle on any excursions will have one supplied at a cost of \$5.00 each.
- Morning tea, lunches & drinks (unless otherwise stated on program)
- **Sun hat** (no visor type please) **NO HAT** means **NO** outdoor play
- Wear **suitable** shoes(no high heel, scuffs or thongs)
- Suitable clothing (no singlet tops please)
- Wet weather gear for excursions (no **umbrellas** please as these are dangerous on excursions)

### BREAKFAST

We will be serving breakfast between 7.00am and 8.00am these holidays for the **FIRST** time as we are finding children arriving without eating. Toast, cereal and juice will be available **ONLY** during this one hour period. If your child's arrives after this time they will be unable to eat until morning tea time which is generally around 10.00am.

### AFTERNOON TEA

We have always supplied afternoon tea during Vacation Care as I found many of the children will have eaten **ALL** their food for lunch. We will continue to aim for healthy foods with 'sometimes' food served occasionally. Cooking is often done by the children during Vacation Care as part of their activities and is very popular..

### HEALTHY FOODS

In our recent Accreditation Ratings it was noted that the foods the children had for Morning Tea and Lunch sent in by parents during Vacation Care were not meeting health requirements. Pinnaroo tries very hard to promote healthy eating to the children at the centre and would like your support. During Vacation Care we do a lot of cooking with the children and we also were in trouble for our sweet items. We will continue to do cooking/food crafts but will look more closely at what we do, we generally try for a mix of savoury, sweet and healthy. We will also be looking at our policies and having a discussion with parents, children and staff in the near future about all areas of foods and menu's as well as what we can cook during Vacation Care. Please check what your child has each day and help keep our children healthy.

### NO JUNK FOOD – this means

**NO red or green or blue cordial,  
NO lollies or chocolates,  
NO chewing gum**

### ALLERGIES & SPECIAL FOODS

We have children that are allergic to nuts and we ask for your help in not sending any items along containing nuts with your children. These include Peanut butter, Nutella, various muesli bars & some biscuits. Please consider others and be aware.

We now have a number of children and some staff who have allergies to **GLUTEN** so we do supply gluten free alternatives for our afternoon teas. We also have children with allergies to certain fruits and to a variety of additives. We work with the families to supply foods that all our children can eat while at the centre.

### CRAFTS

Please note that while we encourage children to do all crafts, and at least one a day, some crafts will be limited. These may be suitable only for older children due to the equipment used; they may be a craft with specialised items that we have only catered for a specific number of children or they may be a time consuming or more difficult craft and staff will decide, with their knowledge of the children who can do it. We do put a lot of time and effort into programming each activity and try to interest all our children often programming activities requested by the children and those we think the children will enjoy.

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