

BREAK TIMES

Sip and Crunch is at 10am each day. Children can sip from their water bottle and eat a piece of fruit or vegetable. Students in Kinder to Year 2 should have their fruit sliced for easy eating.

First break is at 11am to 11.40am and second break is at 1.40pm to 2.20pm. Children sit in their classroom to eat for the first 10 minutes of each break and can eat anything from their lunch box at either time. For some healthy Lunch box ideas go to: www.healthykids.nsw.gov.au