

Bright Star Montessori School Nutrition Care plan

Bright Star Montessori School provides snacks during the morning and afternoon programs. Our snacks consist of nutritious foods and juice / water, representing two different food groups each day. Children bring their own lunches and water which needs to be ready to eat. All lunches will be store in the refrigerator located in the class. Unused food in good condition will be saved and send home. Only nutritious low sugar foods are allowed for lunch.

Please do not send soda, candy, or constant fast food meals in your child's lunch.

Bright Starr Montessori School encourages students to eat fruit and Vegetables and sip water routinely during class time. Bright Star Montessori School will encourage healthy eating practices through Classroom education, Parent Information Evenings and periodically through Articles in newsletters etc.

Parents of children with particular food allergies are required to include the details on their child's "Student Health Record and Emergency Contact Sheet" and if required supply the school with an appropriate health plan. All staff is required to familiarize themselves with the child's condition.