

Bright Star Montessori School

Nutrition Policy

Bright star Montessori School provides 2 opportunities for children to eat snacks, one during the morning and one during the afternoon programs. The snacks are to be provided from home and should consist of nutritious foods and a water bottle representing at least 2 different food groups each day.

The lunches need to be ready to eat, including providing utensils if required. Lunches will be stored in the refrigerator located in class, but an ice pack within the lunch bag is still recommended. Unused food in good condition will be saved and sent home. Only nutritious low sugar foods are allowed in lunches.

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

Bright star 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, parenting information evenings, and periodically through articles in newsletters, etc.

Parents of children with *food allergies* are required to include the details on their child's 'Student health record and emergency contact' sheets, and if required, supply the school with an appropriate health plan. All staff is required to familiarize themselves with the child's condition