



OXLEY STATE SCHOOL

PREP TRANSITIONS NEWSLETTER 3

PREP TRANSITIONS

We are currently in the planning phases for our Prep Transition visits. Due to the current restrictions, things will need to run a little differently this year!

We are seeking feedback from parents about whether mornings or afternoons on Tuesdays and Thursdays (during school times) would suit best.

Please email your preferences to 2021prep@oxleyss.eq.edu.au so we can do our very best to cater for this.

DID YOU KNOW?

Oxley State School opened on 31 January 1870. We celebrate 150 years of quality education. The suburb of Oxley was a stopover point on the Cobb & Co coach route west to the Darling Downs, hence, it appears on our school emblem.

STAY TUNED...

Our next Prep Transition newsletter will focus on the school tuckshop.

If there is something specific you'd like information about, please let us know at 2021prep@oxleyss.eq.edu.au



WE ARE RESPONSIBLE
WE ARE RESPECTFUL
WE ARE LEARNERS

SCHOOL LUNCHES

Oxley State School has two lunch breaks. First Break is 11 a.m. – 11.30 a.m. and Second Break is 12.50 p.m. – 1.35 p.m. At both breaks, children sit down for the first 15 minutes to eat their lunches; this is then followed by playtime. Usually the children are hungriest at First Break so they are encouraged to eat their healthy, filling food at this time; sandwiches, yoghurt, fruit. Museli Bars, crackers etc. can be eaten at Second Break. Please save 'treat' food, chocolate and lollies for home time.

Practice opening and closing containers, lunchboxes, food packaging and peeling fruit prior to Prep starting so your child feels confident doing this. Please provide a spoon or fork if your child needs one to eat their lunch. Please do not send food in a can but rather open the can at home and put it in a more suitable container. There are staff members on duty during eating time to assist children who may require it.

At school, we have no fridges to store lunches or heating devices to warm food for children so please consider this when packing school lunches. Many lunchboxes have the capability to put ice packs in them; frozen drinks may be an option to include also.

Sharing of food is discouraged due to some children having food allergies.

Please provide a water bottle filled with water for your child, no cordial or soft drinks. Water bubblers are also available for the children to use.

The morning is an important time for learning so please ensure your child has a substantial breakfast to ensure they are ready for the day.

Please check out the following links for some healthy lunch ideas:-

<https://www.health.qld.gov.au/news-events/news/healthy-children-lunchbox-ideas-parents-shopping-list-recipes>

<https://www.growinggoodhabits.health.qld.gov.au/children/food-for-growing-kids/packing-healthy-lunchboxes/>

*Kind regards,
Oxley State School
Prep Teachers*

