





## LUNCHES and HEALTHY EATING

We like to think that all children have a good healthy lunch every day (e.g. sandwiches, fruit, baking). We also encourage our students to keep a named water bottle at school.

- ◆ **Lunches from Home:** We encourage families to provide good quality food which is low in fat, salt, and sugar and which has high nutritional value suited to children actively engaged in a busy school day. Foods such as chippies and pies with a high fat content and sugar-loaded biscuits, cakes, and desserts are discouraged. Lunches should not have any sweetened drinks as we are a 'water only' school.
- ◆ **'Water Only' School:** Riverview School has a 'Water Only' approach for all children.
- ◆ **Considerations related to Food Allergies:** There is a growing number of children with food allergies, some being quite severe. Riverview School has adopted an approach of community responsiveness, in order to support these children. Where a child has a food allergy (often related to nuts, eggs, fish, and other food types), families with children in that child's class will be asked to avoid putting these foods in their child's lunches. You will be notified if that applies to your child's class.
- ◆ **Brain Food Snack:** Classes have a short 'brain food' snack' midway through the first two-hour teaching block. These snacks need to be of a healthy nature (e.g. raw vegetables, fresh/dried fruits). Class teachers will help children and their families understand good food choices in this regard.
- ◆ **Celebrations and Special Occasions:** The guidelines below apply:
  - \* **Children's birthdays** are family events and should be held out of school. Parents are asked not to bring food and other birthday treats to school to celebrate their child's birthday.
  - \* **Shared lunches** and other 'food sharing' class events: These are on an occasional basis only, and children are encouraged to bring healthy food for these if possible.
  - \* **Food as treats from teachers/school:** This is not a regular practice, but may occur on a special occasion, with examples being:
    - ◇ completing the Cross Country.
    - ◇ a winning class on a particular project, such as selling the most raffle tickets for the Bazaar.

Due to allergies, our students are not permitted to share their lunches with other students. If you are in doubt, please contact the Office.





# HOLIDAY SURF CAMP

EQUIPMENT, ACCOMODATION &  
FOOD INCLUDED  
\$350 Per Student

An all inclusive epic three day (two night) camp adventure in beautiful Northland. Daily surf lessons, technique instruction and a range of additional activities including paddle boarding, snorkelling, giant SUP surfing, confidence building adventures & more!

**Girls (Aged 8-16)**  
14th - 16th April 2024  
17th - 19th April 2024

**BOOK NOW:** <https://www.skyssurfschool.co.nz/>  
**CONTACT:** [skysurfschool@gmail.com](mailto:skysurfschool@gmail.com)

## OSCAR

The OSCAR Autumn Holiday programme is out, and parents are reminded to complete an enrolment form (available from the School Office, OSCAR, or online). The information is available on the school website.

The Kerikeri High School International Department is looking for Host families for International students who are arriving in July 2024.



Kerikeri High School

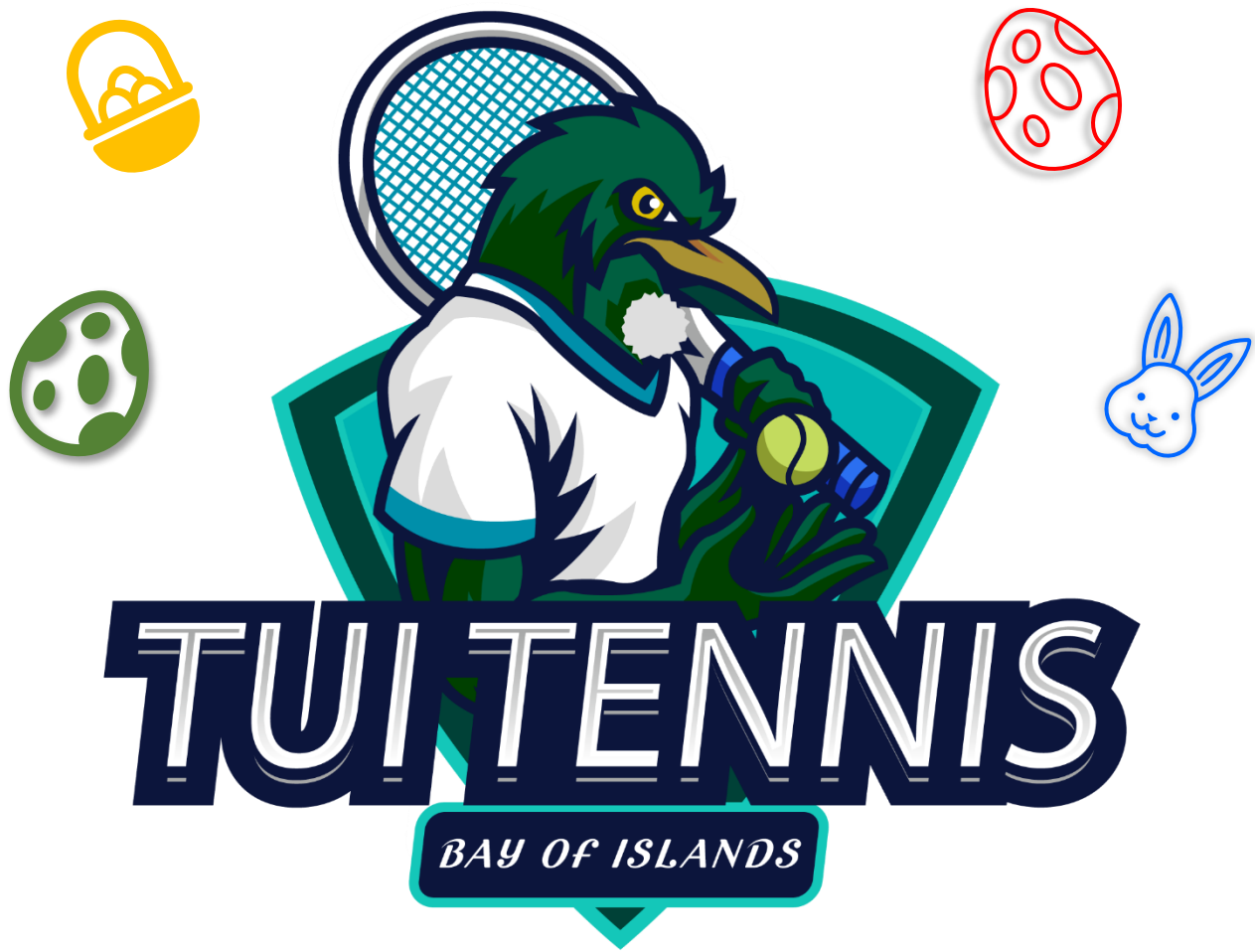
For more information, please phone Helen: 0274070163 or email: [hfitzsimmons@kerikerihigh.ac.nz](mailto:hfitzsimmons@kerikerihigh.ac.nz)



### REMINDER:

**School is closed for the Easter Break on Friday 29 March through to (and including) Tuesday 2 April. School resumes Wednesday 3 April.**





## EASTER EXTRAVAGANZA HOLIDAY CAMP!

@ Kerikeri Tennis Club, Waipapa

15-19 & 22-26 April      \$45 per day / \$190 week

Youngsters / Newbies  
Age 5+  
9am-12pm  
No experience necessary

Experienced / Current Players  
Age 9+ or by invite  
12.30-3.30pm  
Some experience required

Spot prizes, fun games, wet weather plan

*Just bring a water bottle & snacks, sunscreen, a hat and a smile!*

Contact coach Guy on [guy@tuitennis.nz](mailto:guy@tuitennis.nz) or 02102422117

# Capoeira Classes

## Thursdays



**Kids** 3:45 - 4:45

**Youth/Adult** 5:15 - 6:45

### Pricing:

Kids classes (Primary/Intermediate ages)

\$8 per class casual

\$60 individual 10 class card

\$100 family 10 class card

Youth/Adult classes (13ish & older)

\$12 per class

\$100 individual 10 class card

Family card applies for adults class

### Classes will include learning and playing:

the game of Capoeira Angola

the percussion instruments

the songs (and some Portuguese language)

the gymnastic movements

the theatrics

the history and culture

the fun and the laughter

Capoeira Angola is a 'fighting art' from Brazil played as a game, with music and song setting the atmosphere. It's a fun, deceptive game of kicks, escapes and gymnastic moves. No contact; No winner or loser. It's a game of beauty and physical agility. It's pure play: sometimes hard, sometimes easy, always fun.

Classes are open, friendly and suitable for all abilities. Carers/parents welcome to join kids classes and kids are welcome to come to adult class. All you need is a t-shirt, long trousers, soft-soled shoes (trainers) and water.



0273994715 for more information