



Seven Hills West Public School

Respectful, Safe, Responsible Learners

Moving Munchies

Dear Parents and Caregivers,

In line with Seven Hills West's Crunch and Sip initiative, whereby students are encouraged to eat fruit and/or vegetables and drink water, Kindergarten will be launching our Moving Munchies!

Each Kindergarten class will have their own 'Moving Munchie' that will serve as the class Crunch and Sip mascot throughout the year. Chosen students will be given the opportunity to take their Munchie home each weekend to showcase which fruits and vegetables they eat at home and how they are served/prepared.

Each Munchie will come with its own 'diary' which students are encouraged to write and stick photos into. Students will then bring the Munchie and its diary back to school the following Monday and show their fellow classmates what their fruity friend has been up to over the weekend!

Examples of photos and diary entries can include:

- Photos of the Munchies in the produce section of the supermarket
- Photos of the Munchies helping to serve/cook fruits and vegetables
- Photos of the Munchies with students as there are consuming fruit and/or vegetables

All with written explanations and/or drawings from your child!

The aim of the Moving Munchies is to encourage your child to eat many **different** fruit and vegetables throughout different parts of the day. This can include at breakfast time, as a snack or during lunch or dinner! There is no limit to how many fruits and/or vegetables can be eaten throughout the day!



Cooper Carrot

Ms S Clements

Principal

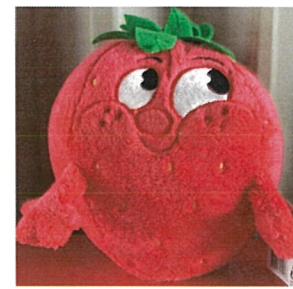
13.05.21



Eddie Eggplant

Mrs R Mortlock

Relieving K-2 Assistant Principal



Sunny Strawberry

Miss S Luc, Mrs R Mortlock
& Mrs A Vlahopoulos
Kindergarten Teachers

