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Tuesday 23 July 2019

Food for Thought - Nutrition Programme

Kia ora e te whaanau,

The senior school classes are participating in a programme called Food for Thought. It is a **free nutrition education programme** that helps Year 5 and Year 6 students make healthier food and lifestyle choices. A qualified nutritionist will visit each class and teach 2 sessions. The first session is about food groups and the other session is about label reading (what's really in our food) and sugar in drinks. Each class will then visit the Hillcrest New World to participate in an inquiry session, putting into practice what we have learned about label reading. Pams support this programme and sponsor a supermarket gift card for each class to then design, budget and buy ingredients for a healthy lunch.

Your child's class will visit the supermarket on one of the following days:

Week 4: Friday August 9, Tuesday August 13 - Thursday August 15

Hillcrest New World Trip

Time	Friday 9th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th
9.30 - 10.30	Room 23	Room 3	Room 22	Room 27
10.30 - 11.30	Room 2	Room 4	Room 1	Room 28

We will transport the children to the supermarket by bus, which the school BOT has kindly paid for. We need approximately 5 adults per class to supervise small groups of children at the supermarket. Please indicate on the slip below if you are able to help. Parents are welcome to travel on the bus with us or meet us at the supermarket.

Ngaa mihi

Senior School Classroom Teachers

Food for Thought Permission Slip

Please return slip to the classroom teacher by Friday August 2nd

I give my child, _____, of Room _____, permission to visit Hillcrest New World. *(Please tick)*

Parent/Caregiver signature:	
<input type="checkbox"/> Yes I can help supervise a group.	
<input type="checkbox"/> I will travel on the bus	<input type="checkbox"/> I will meet you at the supermarket
<input type="checkbox"/> Sorry, I am unable to help supervise a group	
Parent/Caregiver helper name:	Contact Ph: