









We recommend a mix of healthy snacks with treats in moderation. Students will be provided ten minutes to eat their lunch at 11:10am and their snacks at 1:30pm.

Please include crunchy fruit for fruit snack time, which is usually around 10am.

At St Joseph's we are a nut aware school. Students are free to have nuts and nut spreads, however we will ask them to wash their hands and tables before going out to play.

Juices, cordials and milk are not permitted school drinks and we request water only for your child during their day. Please provide a clearly named drink bottle to ensure your child stays hydrated.



In Foundation your child will be sent home with levelled books to read each night. They may also be sent home with sounds and high frequency words to practise. Homework will not commence for the first few weeks.

We ask that you assist your child to practise these for at least 10 minutes every night.

In Mrs Beveridge's class the students will also get the chance to take home 'Nutsy' the Koala! They will get to write and draw about their time with Nutsy, as well as share this with the class. There will be some other fun activities they will get to take home too.

There may also be show and tell that will happen weekly. (More information to follow)







