

BAKED IN THE CANTEEN
FRESH NEXT FORTNIGHT

Choc-Coconut Slice

50¢ each



BAYSIDE CANTEENS

Healthy Bones Action Week

This year's initiative encourages Australians to think about their bone health. Primary school is a crucial time for Aussie kids to build strong bones for life and ensure their daily routine includes the three steps to maintaining good bone health.

3 SIMPLE ACTIONS FOR STRONGER BONES

CONSUME
Milk, cheese and yoghurt for calcium

EXERCISE
Do weight-bearing exercise

VITAMIN D
Get safe sunshine for vitamin D

HEALTHY BONES ACTION WEEK

21-27 AUGUST

dairy.edu.au

Did you know the smallest bone in your body is in your ear. It is known as the "stapes" and is less than half a centimetre in size!

Order Your Lunches Online. No need to find the coins or paperbag to write lunch orders on...it's so easy. Go to www.flexischools.com.au and sign up.

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