

A blue surface with various colorful plastic letters and numbers scattered around. The letters are in shades of red, yellow, green, and blue. Some are uppercase, some are lowercase, and some are numbers. They are arranged in a somewhat haphazard manner, with some in the foreground and some in the background. The lighting is bright, creating soft shadows on the blue surface.

Is your child starting school this Fall?

Here's what you need to know:



- **Register your child at your local school.**
 - To find out your local school, visit: www.sd22.bc.ca, then select School Locator, from the top menu.
- **Make sure vaccinations are up to date.**
 - Visit the local Interior Health office to find out what your child needs and to book an appointment. 1440 14 Street / 250-549-5721

What do I put in my Child's Backpack?



Healthy Lunch and Snacks



Reusable Water Bottle



Change of Clothes



Indoor Shoes



SEASONAL CLOTHING AND ACCESSORIES

Sunny Days: Hat, Sunscreen

Rain: Umbrella, Rain Boots

Winter: Scarf, Mittens, Toque, Warm Coat





**What are
Healthy
Lunches
and
Snacks for
School?**

Healthy Ideas to Try!

Snacks

- Fruit – grapes, banana, orange or apple with cheese or seed butter
- Vegetables – carrot, celery, cucumber, peppers with humus or bean dip
- Muffin – use whole grains and add vegetables like zucchini
- Taco Chips or Crackers with Salsa, Sour Cream or Guacamole

Lunches

- Sandwich – whole grain breads or wraps with vegetables and a choice of protein like meat, tofu, lentils or eggs
- Leftovers from dinner – stir fry, pasta, quinoa, chili
- Yogurt with fruit, seeds and granola
- Add a small milk or fruit/vegetable smoothie



Reminders!

**Make sure to keep your lunch cool with an ice pack.
If you're packing something hot, put it in a thermos.**

Ask your school if they offer a hot lunch program!

DO NOT PACK ANY NUTS, NUT BUTTERS OR NUT PRODUCTS IN YOUR CHILD'S LUNCH OR SNACKS.

For more information on healthy eating at school go to <https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>



Before the school day starts eat a well balanced breakfast.

Try to include protein (egg), fiber (fruit/veggies), complex carbohydrates (whole grain bread) and healthy fat (nut/seed butter)



Eating a balanced meal will help your child with:



Focus



Mood



Behaviour



Energy