

CLOVERLEA SCHOOL

HEALTHY KAI

Good nutrition is important for our LEGENDS growth and development. They eat much of their kai each weekday at kura. Nutrition affects LEGENDS' behaviour, learning, concentration and energy, as well as their physical health. When LEGENDS eat nutritious kai, they find it easier to learn. Brainfood and morning tea are brought from home, while lunch is provided at kura.

Breakfast Club runs every day at Cloverlea School. LEGENDS can go to the hall before school for breakfast before school.

Brain Food is nutritious snack LEGENDS bring from home that they eat to feed their brain.

Brain Food could be fresh fruit or vegetables, dried fruit, unsalted nuts or popcorn, cheese, fruit or natural yoghurt, crackers, sandwiches, wraps, hard boiled eggs, cold meats etc.



We say Karakia for kai before we eat and our LEGENDS learn new karakia as they get older.

We have healthy snacks provided by KidsCan if LEGENDS need more brainfood or extra kai.

Our school lunches can cater for most dietary needs and we ask all LEGENDS to try the lunch each day. If your LEGEND has dietary or sensory needs that may mean they can't eat our lunches, talk to their kaiako.

Ārahi, Kairangi, Nahanaha, Manawaroa, Kotahitanga, Rae Pakari

LEAD, EXCELLENCE, ORGANISED, RESILIENCE, INCLUSIVE, DETERMINED