



**Activities for Week:**

22 May , Monday , Week  
21

**School:**

Monbulk PS

**This week's goal is:**

to have a "Healthy Mind and Healthy Body".

22 May , Monday	23 May , Tuesday	24 May , Wednesday	25 May , Thursday	26 May , Friday
<b>Before School</b>	<b>Before School</b>	<b>Before School</b>	<b>Before School</b>	<b>Before School</b>
<b>Design a Healthy Breakfast</b>	<b>How our body works - Breakfast</b>	<b>Healthy Fruity Pikelets</b>	<b>Healthy eating: Healthy recipe book</b>	<b>Healthy Fruity Pikelets</b>
<b>WELLBEING</b>	<b>WELLBEING</b>	<b>WELLBEING</b>	<b>LEARNING</b>	<b>WELLBEING</b>
<b>Skipping</b>	<b>Food Chain Obstacle Course!</b>	<b>Mexican Jumping Beans</b>	<b>Tunnelball</b>	<b>Friday Fun Time</b>
<b>WELLBEING</b>	<b>COMMUNITY</b>	<b>COMMUNITY</b>	<b>LEARNING</b>	<b>IDENTITY</b>



After School	After School	After School	After School	After School
<p><b>Healthy eating: placemats</b></p> <p>LEARNING</p>	<p><b>Healthy Carrot muffins</b></p> <p>WELLBEING</p>	<p><b>Healthy eating: Fruit and...</b></p> <p>LEARNING</p>	<p><b>Healthy Pizzas</b></p> <p>LEARNING</p>	<p><b>Taffic Light Eating Kebabs</b></p> <p>WELLBEING</p>
<p><b>Fruit Bowl Spill</b></p> <p>COMMUNICATION</p>	<p><b>Everybody's It</b></p> <p>WELLBEING</p>	<p><b>Free Play - Adventure Playground</b></p> <p>IDENTITY</p>	<p><b>Healthy Heart Hour</b></p> <p>WELLBEING</p>	<p><b>Vegetable-Rush</b></p> <p>COMMUNITY</p>
<p><b>Breakfast:</b></p> <p>*Toast with choice of toppings - Vegemite, Jam, Cheese. *Cereal - Rice Bubbles, Cornflakes, Weetbix, Water is available throughout the session.</p>	<p><b>Breakfast:</b></p> <p>*Toast with choice of toppings - Vegemite, Jam, Cheese. *Cereal - Rice Bubbles, Cornflakes, Weetbix, Water is available throughout the session.</p>	<p><b>Breakfast:</b></p> <p>*Toast with choice of toppings - Vegemite, Jam, Cheese. *Cereal - Rice Bubbles, Cornflakes, Weetbix, Water is available throughout the session.</p>	<p><b>Breakfast:</b></p> <p>*Toast with choice of toppings - Vegemite, Jam, Cheese. *Cereal - Rice Bubbles, Cornflakes, Weetbix, Water is available throughout the session.</p>	<p><b>Breakfast:</b></p> <p>*Toast with choice of toppings - Vegemite, Jam, Cheese. *Cereal - Rice Bubbles, Cornflakes, Weetbix, Water is available throughout the session.</p>
<p><b>Afternoon tea:</b></p> <p>Healthy Cracker Faces - Variety of Vegetables and Fruit - Water is available</p>	<p><b>Afternoon tea:</b></p> <p>Healthy Carrot muffins - Grapes and Apples - Water is available</p>	<p><b>Afternoon tea:</b></p> <p>Wraps - Bananas and Watermelon - Water is available throughout the</p>	<p><b>Afternoon tea:</b></p> <p>Healthy Pizzas - Oranges and Strawberries - Water is available throughout the</p>	<p><b>Afternoon tea:</b></p> <p>Traffic Light Kebabs using fruit that is the colors of traffic lights- Water is</p>



throughout the session.

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session.

session.

available throughout the session.

## Other Important News:

With the colder and wet weather approaching us could you please remember to send a coat and hat along with your children so whenever possible we can still get outside to enjoy the fresh air. Don't forget to send us your family photos. Please Note: Our Program is subject to change.