



I'M TOO SICK TO COME TO SCHOOL WHEN I HAVE...

- 1 Vomited twice or more in 12 hours
- 2 An unknown rash, blisters or patches on my body
- 3 Mucus / liquid draining from my eyes, ears or nose
- 4 Diarrhea or more than 2 loose stools in 12 hours
- 5 Fever over 38, body aches / pains / chills
- 6 No appetite and looking pale and feeling miserable

IMPORTANT

- Kindly be reminded it remains the responsibility of the parents / guardians to care for their unwell children.
- Please have alternate care available for days when your child is too ill to be at school.
- Should your child require antibiotics he / she is too sick to come to school.
- Once a medical doctor has confirmed your child's diagnosis, kindly inform the school of his / her absence and the reason. It is our duty to inform all parents of all / any contagious viruses doing its rounds.
- No student will be allowed back at school until a medical practitioner has confirmed in writing he / she is no longer a risk of being contagious.
- Please respect our judgement when contacting you to collect your child, we are not qualified physicians, however we do have the intuition to know when a child is too ill to be at school. Infectious virus's and bacteria result in reinfection of children and staff and ultimately teacher absenteeism.





DAILY BEVERAGES

Rooibos tea Brown sugar and full cream milk (honey on request)
Hot chocolate Marshmallows

10AM SNACK *Provided by parents*

Wholesome sandwich, fruit and two small sides (please provide a spoon with yogurt tubs)
Re-sealable bottle - NO straws, sachets or fizzy drinks, water is recommended
Strictly NO sweet treats or potato crisps allowed! (will be sent home unopened)

MONDAY

8am Breakfast Oats (contains real butter)
12:30pm Lunch **W1.** Cottage pie (mash, peas & corn) **W2.** Lasagne (peas & corn)
3pm Snack Popcorn, butter biscuits & fruit (bananas, oranges & apples)

TUCK-SHOP - available Monday - Friday (*enquire for the menu & price-list*)

TUESDAY

8am Breakfast Egg & cheese frittata, served with brown farm, buttered bread
12:30pm Lunch **W1.** Chicken stew (rice & vegetables) **W2.** Chicken bake (butternut & potato)
3pm Snack Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit

WEDNESDAY

8am Breakfast Full cream yogurt, served with peaches & pears
12:30pm Lunch **W1.** Macaroni & cheese (cucumber) **W2.** Tuna quiche (mash & carrots)
3pm Snack Alternating between; jelly & custard or ice-cream cones (fruit)

THURSDAY

8am Breakfast Mielie meal
12:30pm Lunch **W1.** Tuna quiche (mash & carrots) **W2.** Beef Mince (vegetables & rice)
3pm Snack Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit

FRIDAY

8am Breakfast Baked cinnamon egg bread, sprinkled with brown sugar
12:30pm Lunch **W1.** Wors (white rolls & mash for toddlers) **W2.** Mash & pork bangers
3pm Snack Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit

(fresh, steamed brocolli, cauliflower, sweet potato, butternut and carrots are disguised and added to all our meals)

IMPORTANT

We strive to only source and prepare locally produced and grown products, free of added hormones, colourants and preservatives, however be reminded we are unable to accommodate all requests, allergens, dietary requirements or religious exclusions. Should our menu not be suitable to your preference, kindly be prepared to supply all your child's daily meals / snacks throughout the day. Our monthly fees are a package deal which includes meals, the school fees cannot be separated from the cost of food, a reduction in fees will not be applicable in such cases.

