TUCKSHOP

OPEN: Wednesdays only

Contact: 3425 6132 (tuckshop days only)
Email: tuckshop@dayboropandc.org.au
Convenor: Alison Hibberd

BREAK TIMES

First Break: 11:00 – 11:50am
Second Break: 1:20pm – 1:50pm

ORDERING

- Online via FLEXISCHOOLS

  Visit the Flexischools website for information of how to register, place orders and make payments. Flexischool orders cut off at 7:00am on Tuckshop Days – this then enables them to be sent to Alison by 8.15am to start preparation.

  NB There is a surcharge to parents for each order placed.
- Paper Bags

  Bag orders can be dropped at the tuckshop and are accepted until the start of school bell at 8.45am

MENU

The menu is published on Flexischools, a paper copy emailed or sent home at the beginning of each year (and as they are updated) and is also available on the school website under Facilities.

Some food items are only available at one of the two breaks.

Ice blocks

- Please avoid ordering ice blocks for Prep children in the first half of the year. As Prep currently don't come to the tuckshop counter to collect ice blocks they often run out of time to eat them and it melts before they can enjoy them.
- Are available at First Break only except Friut Sticks.
- Can be purchased over the counter along with frozen yoghurts and drinks

SMART CHOICES

Our menu selections are governed by the QLD Government's *Smart Choices Strategy for Queensland Schools*
Healthy eating and regular physical activity are essential to promoting and maintaining good health. This Strategy is all about offering healthy food and drink choices to students in Queensland schools. The Tuckshop is also affiliated with Queensland Association of School Tuckshops and Nutrition Australia.

Please ensure that you let the school know of any allergies and medical conditions that your children may have. We are willing to modify items to assist with any health requirements.

DISTRIBUTION

Orders are placed within paper bags and placed in class tubs for collection by students in the Covered Sports Area. Any pre-paid ice blocks, frozen yoghurts and some hot items require collection from the tuckshop by the student (a stamp on their paper bag will let them know they have items for collection). For Prep students, drinks and frozen yoghurts are sent down with the lunch orders to the prep classrooms.

SPECIAL THEME DAYS

These are held periodically throughout the year. Tuckshop endeavours to fit in with the curriculum where possible or sporting events, or cultural days etc.

There is always an **EARLY cut-off date** for these days which enables us to organise the special food items that we need. Your assistance with keeping to the cut off dates keeps our stress levels down, and saves children missing out on their lunch.

NO NORMAL TUCKSHOP ITEMS ARE AVAILABLE ON SPECIAL DAYS, apart from drinks and ice blocks.

HOW TO FILL OUT A TUCKSHOP BAG

SEPERATE bags are required for each break. Name and class MUST be clearly written in blue or black pen – red pen and pencil or fancy felt pens are too hard to read.

Please write name at bottom of bag – this enables us to fold over top to keep flies out, and still be able to see which class box the bag needs to go in. Avoid stapling the bag.

PAYMENT: Totals of each bag are to be added and money for each bag either placed in each bag separately or can be added together and placed in one bag. Families can pay for all children in one bag, but the amounts MUST be totalled, and the full amount written on bag

VOLUNTEERING

Our tuckshop cannot run successfully without the help of volunteers, and ideally, we require 2-3 volunteers each tuckshop day. A roster is arranged, and parents, grandparents and community volunteers are asked to offer one day per month from 8.30 until 2.00pm. Even if you can spare a few hours in the morning only, your help is appreciated. Being a volunteer at tuckshop is just another way that you get to meet new people in the school community and get to know you child's friends. Your child gets a 'kick' out of you being at tuckshop or in the classroom or wherever volunteers are needed.