

Sir Eric Woodward School Newsletter

Term 4 2022

Week 5

9th November 2022



An artist's impression of the new SEWS hall

Principal's news

Presentation Days

We are looking forward to celebrating our students' achievements at our Annual Presentation Days. Covid has forced us to do things differently for the last 3 years. Some of the changes we made during this time have been a great success so we will stick with them. This year we will continue to run a virtual Presentation Day for our DESU families – thank you for your feedback to tell us that this works best. We will also welcome all our face-to-face families back on site at SEWS for a separate event.

DESU – Tuesday 29 November 11.30am – via Zoom

F2F – Friday 2 December 10.30am – at SEWS

We look forward to seeing you all to celebrate a great year of learning. Don't forget to RSVP.

Staff Updates and classes for 2023

As we approach the end of another school year, we are well underway with our planning for 2023. There are a few staff changes outlined below.

Pat Price will be taking leave for the duration of the 2023 school year; he will be replaced by Caroline White who joins us from Fisher Road School. Caroline brings with her a wealth of experience as a school leader and a passion for inclusive education. I'm sure you will join me in welcoming her to our school community.

Louise Sonter, Assistant Principal has decided to hang up her teaching hat and retire at the end of the year. We wish her well as she throws herself into gardening and thrift shop activities that she loves.

Charlotte Matthias is also taking leave as part of the DoE Deferred Salary Scheme Program which supports staff to take time away for professional development and renewal experiences, post graduate study, working in overseas education systems or other activities.

We have recently been able to offer Mini Baburaj and Darcy Hayward permanent SLSO (SHS) roles at SEWS. It is fabulous to be able to give long term temporary employees a permanent role. They are already an integral part of the SEWS team but welcome to the permanent crew.

As you all know to enrol at SEWS an Access Request application must go through a placement panel. There are still placement panels that take place right up until the end of the term which impact on our ability to finalise classes. We will let you know your child's class for next year as soon as possible.

World Teachers' Day

On Friday 28 October we celebrated World Teachers' Day with the theme – hats off to teachers. I would like to personally recognise the incredible contribution made by our teachers every day. Hats off to teachers!!

Curriculum Reform

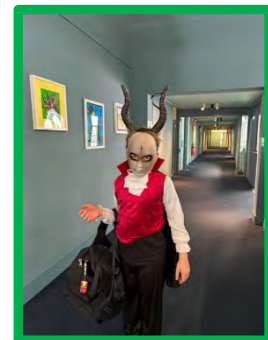
The NSW Curriculum Reform is a program to deliver a new curriculum from Kindergarten to Year 12. The new curriculum is being developed by the NSW Education Standards Authority (NESA). In 2023 we will start this journey with a new K-2 Mathematics and English Syllabus. Our staff have been working hard completing a variety of professional learning activities, meeting with staff from other similar schools to share the journey and updating teaching and learning programs and resources to ensure a smooth transition to the new curriculum. The focus is to build strong foundations in literacy and numeracy with the new English and Mathematics syllabuses for Kindergarten to year 2.



Xavier receiving a Principal's Award



Halloween fun at SEWS - who is behind the masks?



Sian

Deputy Principal's news

SEWS assets progress and updates.

Welcome to our midterm newsletter for term 4, 2022. I have chosen to focus specifically on a range of assets and facility upgrades in my article for this edition.

Main Learning Displays (MLD) across the school.

As part SEWS participating in the Department of Education's Rural Access Gap (RAG) infrastructure roll out we have just recently had new Main Learning Displays, formerly called interactive whiteboards, installed in every learning space across the school. As well as an extra two boards that have been installed but remain on wheels to support and facilitate flexibility in learning and access for our students on and off-site.

Each come with the capacity to adjust in height and a noise adjustable camera and speakers. A fantastic asset to our school to enhance the teaching and learning of our SEWS community.



Photos of MLD in classrooms

SEWS new multi-purpose hall update.

Some exciting developments have been occurring of late with this new infrastructure project at SEWS. The major slab was poured just after the most recent school holidays and from that point onwards it has meant that all works have been above ground. Throughout the last week we have seen the installation of major steel structural uprights giving shape to what the building is going to look like as well as its size. A few photos below demonstrate how this significant project is starting to become a reality.



Photo of the construction of the new school hall

SEWS teacher resource room upgrade.

And finally, a recent upgrade of carpet, teacher furniture, workspaces as well as a fresh coat of paint has seen our SEWS resource room looking extremely sharp.

This sees a mix of both student and teacher oriented planned resource and infrastructure upgrades being completed at SEWS with more to come over the remainder of this term.

Watch this space!



Picture of upgraded resource room

Patrick Price



Wishing all students born in October and November a very Happy Birthday

Happy Birthday

**Dylan, Raymond, Iya-Rose, Daniel
Andrew, Lacey, Xavier, Heath, Seejan**



Important dates

Term 4 2022

Friday, 11th of November – Remembrance Day

Wednesday, 15th November – DESU year 12 Graduation

Tuesday, 29th November – DESU Presentation Day

Friday, 2nd December – F2F Presentation Day

Thursday, 8th December – Year 6 Graduation Day

Friday, 16th December – Last day of term

Ziggy's news

Ziggy and the students have made a great start to Term 4. To have a student who was at first rather concerned to even be near a dog to now be using his communication device to say "I want Ziggy" is wonderful as it shows that the relationship is growing stronger.

Ziggy continues to enjoy listening to students read, looking at the great work they produce, going for a walk with them and, in general, just hanging out with them.

He loves to go to Social Club where he shares his news using a switch. The students are always so welcoming which really makes him feel part of this special time.

Ziggy, Mrs Norrish and Mrs Williams.



Quinn and Ziggy listening to a funny book



Ziggy and Daniella enjoy some time together



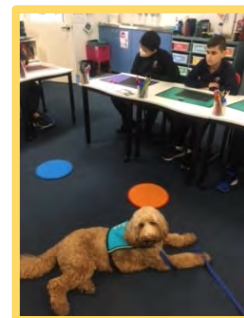
Min and Ziggy enjoying Social Club together



Ziggy waiting patiently for Social Club to commence



It is always fun at DESU Social Club on Tuesdays. Sometimes the students bring their dogs to join us



Ziggy loves to spend time in Class 3

D5 class news

I can't believe that we are already halfway through Term 4. It will be the end of term before we know it!

I have been lucky to see two of my students face to face as they each visited Sydney earlier this term. Summer came into the school and performed a wonderful 10-minute concert for the DESU teachers. She sang 'Somewhere over the Rainbow', 'Hello, Goodbye', 'You are my sunshine' and 'Amazing Grace'. Then she also performed a couple of songs on her harmonica. All the teachers were amazed by Summer's talent.

I met Isabel and her family at a café in St Ives when they were on their way back home. Isabel enjoyed watching all the people coming and going in the café, especially when a little girl came by. Isabel has also continued to be very social, participating in band and social club each week as well as attending Girl's Brigade where she has been greeting the leader with her eye gaze device.

Kye has been another social butterfly who has been attending band and social club each week. He loves to entertain and surprise us with his choice of Zoom filters – facial hair being the most popular. Kye has been so inclusive and thoughtful during these social events, encouraging other less confident peers to join in the fun.

Ned is working hard 2 to 3 days a week in his record shop. He can tell people its location and other nearby shops and landmarks. Ned has also been learning about running a business and could identify some of his assets and expenses.

Finally, Angus had a wonderful time in New Zealand with his family during the school holidays. I loved hearing about all the things they did and saw. Unfortunately, after learning all about the best fishing spots in New Zealand, they did not catch any fish. This set, Angus has been diligently keeping track of the Australian Rugby League team's scores in the World Cup and making a graph of the results.

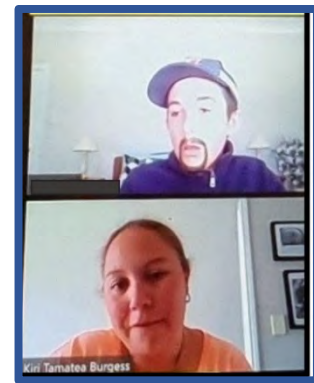
Min



Angus in New Zealand



Summer's concert for DESU teachers



Kye at social club



Isabel's visit to Sydney



Ned's business schoolwork

Class 3 news

Class 3 have been working hard this term. In English, Class 3 have been enjoying reading the Magic Finger by Roald Dahl. In writing, Class 3 have been working hard on dressing up their sentences with adjectives and adverbs. As a class we had lots of discussions on how to make our stories more interesting to the reader.

In Maths, we have been focussing on our measurement skills. Class 3 have been measuring items using grams, kilograms, meters, and centimetres. Class 3 picked the broad beans that we grew in our vegetable patch and estimated the weight of the beans in the pods and out of the pods.

Class 3 enjoyed our excursion on Monday to Taronga Zoo. Class 3 saw seals, gorillas, giraffes, lizards, tigers, and lots of other animals. We learnt lots of interesting facts about lots of animals that we don't see every day. When we were in the Tiger enclosure, all the students had a go at the virtual shopping check out machine to identify what products have palm oil in them. Class 3 wants to thank Ms Teh for organising the excursion for us.

Georgina and Anita



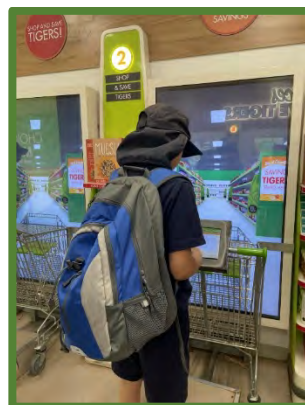
Class 3 weighing the broad beans



Students watching a seal swimming



Gareth at the Zoo at the shopping simulator



Xavier at the Zoo at the shopping simulator

Class 6 news

Term 4 has brought warmer weather and Class 6 have been enjoying time outside in the sunshine. Georgia, Raymond and Yash enjoyed an impromptu Friday afternoon 'trip to the beach' with feet in the sand and water while Daniella got in some cycling practice on the beach buggy. With less frequent rain, we have been able to water the garden beds outside the classroom and help Class 5 with their plantings and use the outdoor space for painting.

In geography, our classroom forest has succumbed to the chainsaws as development moves in and we have been busy creating a built environment. Georgia, Raymond and Daniella painted brick walls and blocks with textural paint. We removed the trees and of course the animals we created last term had to leave as their habitat was removed.

Finally, Class 6 have had fun writing silly sentences by choosing options. Georgia is making great progress using the perspex choice board and is quick as lightning to show with her eyes what she wants to say. Raymond is becoming more confident with his 'no' switch and enjoys choosing options with a yes or no. We're looking forward to attempting a class story that everyone can contribute to, can't wait to see what these brilliant young people come up with.

Miriam and Kelly



Yash enjoying an afternoon 'at the beach'



Raymond liked the feel of the sand on his feet



Georgia creating building blocks



Daniella painting our 'brick wall'

D4 class news

It is always wonderful to see the range of activities our students are involved in.

Tilly participated in Halloween by helping to design her costume and planning the route to walk in her neighbourhood.

Jeremiah is always engaged in shared reading of sensory books about vehicles and machinery. He especially enjoys accompanying his father to work, where he can travel in his truck.

Hayley has been helping decorate her garden by painting wooden Christmas decorations.

Blake is developing increasing independence in managing his daily routines.

It was great to hear from past-student and school leader Tommy Blume. Tommy recently celebrated his 20th birthday. Happy birthday Tommy!

Deborah



Tilly in Halloween costume



Tommy on his 20th birthday



Jeremiah and his father Michael



Hayley's Christmas garden

D7 class news

It was such a pleasure to be able to visit Kevin in his home recently. I learnt so much about all the amazing skills Kevin has. I saw him smash his PLP goal to dress independently. I saw him learning in his especially designed caravan classroom. I saw him out on his bike on the cycle track and observed his core strength and excellent steering and developed new ideas for his next PLP goals. Such a great visit.

Ethan is preparing to complete his schooling and learning about what next will look like without the blue bag arriving every 5 weeks. Ethan is looking forward to his graduation celebrations online with us in DESU. This will be one of the first school events he'll have attended so I'm excited to share Ethan's story with the other students.

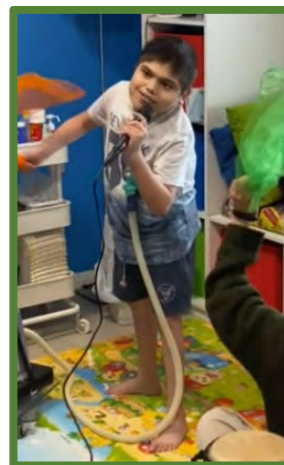
James had a brilliant weekend with his mum and uncle visiting Bathurst racetrack and Lithgow for a Halloween carnival. He used lots of communication skills by talking to the drivers in the pits about their cars and having photo taken that he wanted to put on Seesaw to show me what he'd been up to.

Moustafa has been busy with his studies, it's so pleasing to see his development on Seesaw. He has been recognising and naming the letters in his name. He also held a concert in his room for his family during his music therapy session.

Charlotte



Kevin independently dressing



Moustafa giving a concert

D9 class news

At the end of last term and the beginning of this term, I had the opportunity to go out and visit three of my students. Lily and Melika who are both new to my class and Jake who is completing year 12. It was wonderful to finally meet Lily, Melika and their families in person.

I spent a very busy two days visiting Lily and her family on their property in north western NSW. I would like to thank Lily and her family for their warm welcome and allowing me the opportunity to accompany them to some of Lily's many activities. I particularly enjoyed going along to Lily's equine therapy session and observing the amazing progress she has made over the year. Lily and I had great fun working on a paint pouring art project. I'm sure you will agree that Lily created a fabulous artwork.

It was a delight to meet Melika and spend some time with her. I was honoured to be taken on a walk around her area to visit her favourite places. We walked along the river and enjoyed chips for lunch before returning to her home. Melika was very animated during my visit, demonstrating the progress she has made in using KWS to communicate. I took along her new book of learning which she very excitedly looked through while I was there.

Cooper has had a great start to Term 4. He is much more settled and is starting to transition well between activities. Cooper has an impressive collection of farm animals and vehicles and I look forward to our weekly Teams calls with anticipation to see what he has brought along to show me.

I also had a chance to visit Jake before he graduates year 12 and see the great progress, he has made with his speech therapist. He is so focused during his sessions and participates in and completes all the tasks he is set.

Karen



Lily's paint pouring art project



Lily at equine therapy



Lunch with Melika

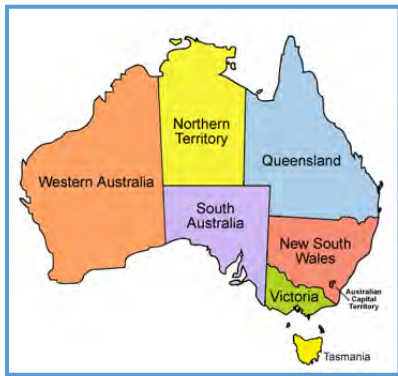
D6 class news

Angus has been impressing me with his aptitude for geography during our Teams lessons each week. He has previously studied the continents of the world and has an excellent knowledge of the American states, so this term we have shifted the geographical focus to Australia. Angus has been learning about our states and territories, examining popular landmarks and analysing, comparing and contrasting data on population and land size. He has also been using his map reading skills to identify locations on Australia's coastline and further inland. Great work Angus!

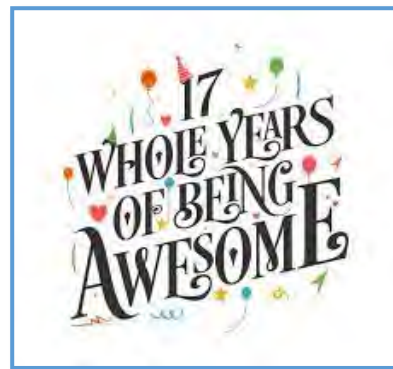
Alicia attended some family get togethers during the holiday break and thoroughly enjoyed socialising at these events. Together with her family, Alicia has been focusing diligently on her PLP communication goals. She has begun working with a new Speech Therapist this term and I am looking forward to collaborating with them to include some fresh communication strategies into Alicia's learning program. Go Alicia!

Ben celebrated his 17th birthday towards the end of term 3. Happiest of Birthdays Ben! Ben continues to work towards his Life Skills HSC with a wide and varied program. I was most impressed with and proud of his responses to set work. His responses have shown deep interest across many subject areas and his analysis and critique is a pleasure to read. Well done Ben! Ben has indicated he would like to continue to develop his knowledge of classical music. We are busily preparing a unit of work based on the works of German composer and pianist Felix Mendelssohn for a future music life skills unit. We look forward to Ben's engagement with this important part of his learning program.

Nicole C and Sam



Angus is learning all about Australia's eight states and territories.



Ben celebrated turning 17 at the end of term 3!

D10 class news

Thomas had a fun 18th birthday celebration and is now learning about responsibilities he has, now that he is an adult.

Chris has been accessing the community on a regular basis where he communicates with familiar people. Chris was excited to share the news of his visit to a farm with me, where he liked seeing and interacting with many of the animals. Chris is hoping in the next few weeks to also visit the circus and attend the cinema, for the very first time.

Tyson has been participating in many community activities as well. He enjoys his weekly bowling game, playing soccer in the park, shopping for groceries and of course his work experience placement each Friday. I am very much looking forward to seeing Tyson in his workplace next week.

Roki has been engaged in his learning activities and I always appreciate viewing photos and videos of his artwork on Seesaw. This term he is studying transport and once again is extremely busy creating some amazing pieces of work.

Leah is also busy learning and creating artwork. Leah is working well on developing her core strength as her physio sessions have re-commenced.

Sharon



Chris is enjoying community activities



Leah engaged in sensory play activity

D11 class news

Jacob has had another busy few weeks attending music concerts and local events. In his studies, he has learnt about space and the universe beyond our solar system. Jacob is also learning about ancient cultures and enjoys listening to tribal music and the musical instruments from different cultures.

Yasmin's comprehension and reading skills have shown significant improvement. It is pleasing to see the effort she has put into her work and her well-considered answers to questions. Yasmin has worked hard on her personal learning plan goals this term.

Tom has continued to be active in the community. He has been bushwalking weekly, visited shopping centres, and has kept active by playing at the local park. I would like to recognise Tom's thoughtfulness during social club - he asked about Ziggy's paw injury and made the effort to learn everyone's name.

Makye has displayed engagement in his studies this term. He is keen to learn and enjoys his school activities. Makye has been learning about aboriginal culture and has created some fantastic artworks. He has enjoyed listening to indigenous music.

Despite interruptions to his daily schedule in the past month, Ethan has continued to learn and share his findings. It is great to hear his enthusiasm over the phone when he tells me what he has learnt each week.

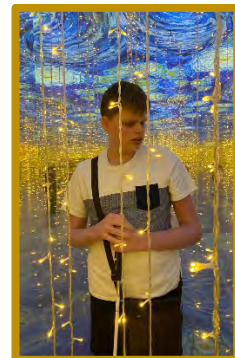
Jon



Jacob, his mum and Nan at a concert



Jacob plants a tree in his local community



Jacob visits the Van Gogh Alive exhibition



Makye's fruit painting



Makye's Baobab tree artwork

Class 5 news

Where has 2022 gone? We're already halfway through our 4th term and we can't believe it!

Class 5 have been having so much fun in our science lessons this term. We've been looking at how things change when they are mixed, cooled, or heated. So far, we've frozen water and juice which was lovely when the weather was hot. We melted chocolate ice cream, mostly using body heat, a very tasty experiment. We added water to a very tiny and very dry toy fish and watched it expand. It became softer and slippery, and so big it couldn't get out of the bottle! We also made a couple of batches of slime, which was lots of fun. Some students enjoyed playing with the slime more than others. Then Class 6 joined us to see what happens when popcorn gets very hot. Everyone was very quiet as they listened for the popping sounds. The smell was reminiscent of the movies and some students enjoyed eating it too. The fun and learning hasn't finished yet, with jelly, fruit sorbet and biscuits on the list of "science experiments" to come.

Well done Class 5!

Lee



Ariel looked and listened carefully making slime



Emily watched the colour drop drop into the slime mix



Chace was very interested in popcorn



Shaman loved the gooey green slime



Ashley tried to get the fish out of the bottle



Quinn knows all about how ice cream melts

D1 class news

Callum has made a wonderful start to his Distance Education Support Unit program and is settling in well. He loves spending time outside and in nature. Callum went on a nature scavenger hunt and found everything on the list including a range of coloured flowers and different textured leaves.

Archer has been making a huge effort to go out into his community, including visiting his local high school each week. He has also been enthusiastically completing his schoolwork booklets and has even been creating his own 'homework' books to do extra practice.

Andrew has been extremely busy this term, as he gets ready to transition to post school life. He has been developing some work skills and is keen to get a job when he leaves school. Andrew has just had his birthday. He helped organise a birthday dinner to celebrate his special day. Happy birthday Andrew.

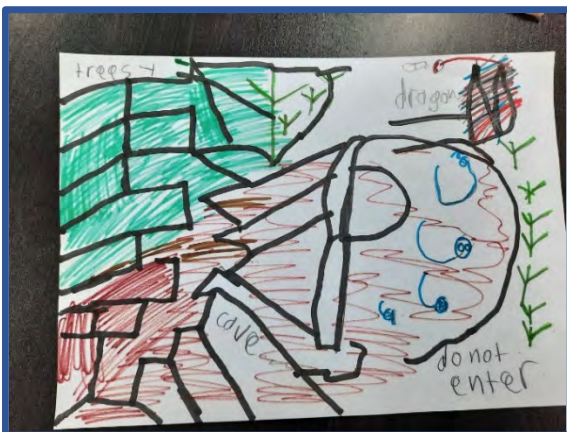
Nicole L



Archer colouring a quarter of each shape.



Callum made mini pizza muffins.



Andrew created a very cool picture which included a dragon.

D2 class news

Corey is a committed dog owner. He helps to feed his puppy Dusty and, when the weather allows, he walks him in the local area, holding onto the leash for up to 10 minutes. Corey now has a set of photos of the places in his community that he likes to visit, and he has been showing them off to family and friends. Recent outings included a visit to Dubbo Zoo and his sister's 21st birthday party where Corey was excited to have the chance to hold a baby.

Azra has been learning about what living things need to grow and thrive. She planted some chilli seeds and is caring for them by watering with a spray bottle. Now Azra can see how the right conditions have enabled green shoots to flourish. Her next investigation will be observing the changes in an avocado seed as it puts out roots in a jar of water.

It was lovely to hear about Alex's recent trip to the beach with her family. Even though she had a tent set up on the sand, Alex spent hardly any time in it as she was having so much fun in the water. She is an expert at floating but mostly enjoys jumping in to make a big splash. Even the cold didn't deter her. Alex has started to vocalise regularly, and she is motivated to continue by the delighted reactions of her siblings.

Carolyn



Azra is caring for chilli plants



Corey helped to make gingerbread

Class 4 news

Once again Class 4 has had a very busy start to the term. It is hard to imagine that we are already halfway through the term!

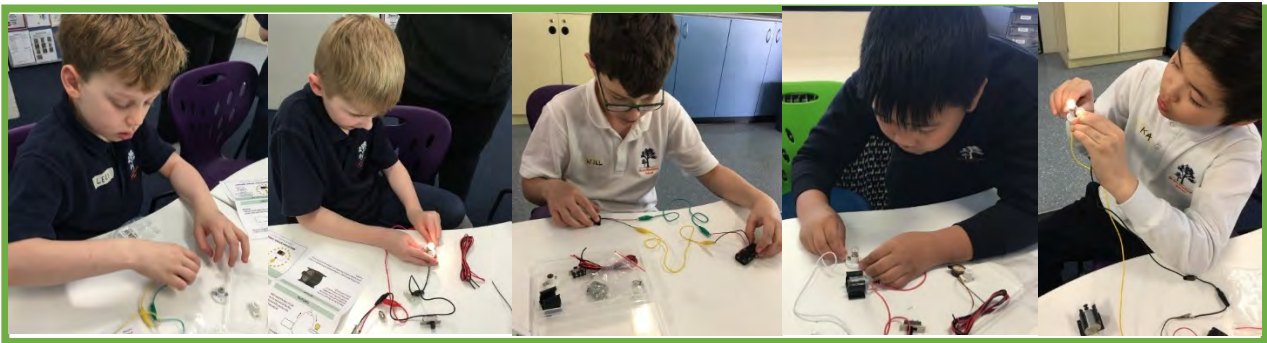
Class 4 have been having so much fun in our science lessons this term. We have been looking at how electricity is made and have been very busy doing lots of experiments. It has been lots of fun!

In week 5 we joined Class 1 and Class 3 on an excursion to Sydney Taronga Zoo, where the classes products that contain palm oil and the impact that they have on the environment. We had a wonderful time and were all very tired on the bus trip home!

Louise and Mini



Class 4 loved their trip to Taronga zoo



Class 4 experimenting with circuits in science

Class 2 news

Term 4 has been action packed for Class 2. We have been enjoying time outside in the sunshine, as a class, we have continued our STEM program. All students enjoyed planting seeds, nurturing them and watching them grow. Keep posted on Seesaw for our progress shots.

In English, Class 2 studied “Malu the kangaroo”. Everyone enjoyed painting the surfboard and riding it in class. Ryan invited Ziggy to the class so he could also have his turn riding the board.

Term 4, has celebrated Halloween by making spooky crafts. The focus is now on Christmas and our special presentation day performance – watch this space.

Clare and Sophie



Class 2, working on our STEM project



Alisha, watering the seeds



Seejan riding the surfboard Class 2 made



Class 2, giving Ziggy the gift of a surfboard

D3 class news

At the end of last term Harry started investigating experiments in a purchased Science kit. Adjusted instructions have proven very successful as he has been able to complete experiments with increased independence. One experiment included combining different colours to make another colour, yellow and blue to make green was a big hit with Harry and he proudly showed family members and explained what had happened to show he understood how he achieved the end result.

This term Eve is engaging in a unit of work all about the season of Spring. She has been exploring blossoms and butterflies through art activities. Counting drops of paint as they fall on the paper to create a butterfly image and using twigs and tissue paper to make a 3D blossom tree sculpture.

Suzy has been exploring books written by author Jackie French this term. She has enjoyed listening to a new book called *Ming and Flo Fight for the Future* where the main character travels back in time to early Australia in 1898 on a drought-stricken farm. This story has inspired many of the artworks that Suzy has created over the last 5 weeks.

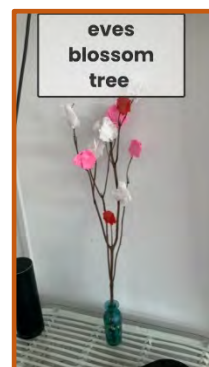
Jo



Suzy's artworks



Eve's paint blob butterfly



Eve's blossom tree creation

Class 1 news

Class 1 has now come to the last term of their first year in Primary School. The resilience and strength each student have shown has been commendable in dealing with all sorts of challenges and changes throughout the year.

Class 1 loves to use the hydro pool once a week and to make it more exciting, we are lucky enough to have new pool toys. We practice our kicking by using boards to support, games and free play to explore the water. With these activities, the students work on their confidence and swimming skills. Also, water offers resistance, pressure, comfortable temperatures and is a pleasant sensory experience.

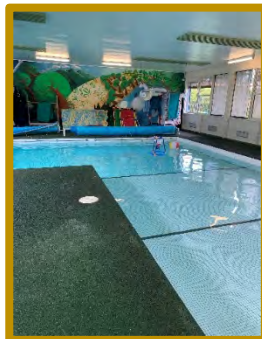
Speaking of new toys... Class 1 has some new robotic friends called, Bee-Bots! A Bee-Bot is a bee-shaped robot that is used to learn STEM with a variety of cross-curricular activities. The bots are directed by manually coding their own pathway and while doing this the students are verbally using directional language to grasp a full understanding of the concept involved. This also delves into mathematics by focusing on directions to and from yourself and in science when looking at push and pull forces.

Class 1 joined Class 3 and 4 on an excursion to the Zoo! Everyone loved visiting the animals and seeing all the different habitats they live in. While walking round the zoo there were lots of conversations sparking about natural and man-made materials, as it is our latest HSIE unit. It was a great day of fun and education for all!

Ms. Nina & Darcy



Seal pool at the zoo



SEWS hydro pool



Koi fish at the zoo



Koi fish at the zoo



Class 1 playing with BeeBots

D8 class news

We are nearly halfway through term 4 and the year is flying past!

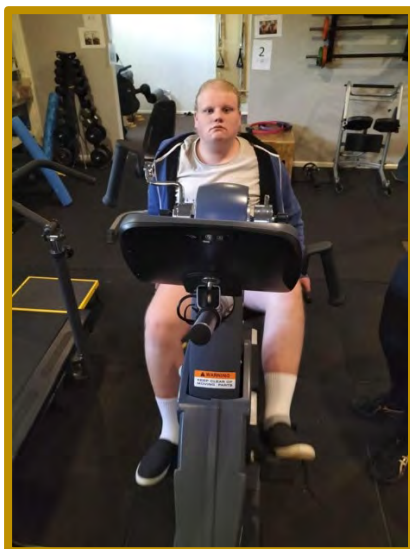
Ryan consistently works on his PLP goal of increasing and improving his core strength. He understands light and effect and looks at the switch when he wants the lights to be turned on. Ryan is friendly and welcoming and shares his toys with the children who visit his home. He observes textures and smells in his local environment. This semester, Ryan has been learning about the jungle and engaged with his personalised sensory book on the Amazon rainforest. Excellent effort, Ryan.

Lacey had beautiful long hair and recently went to the hairdressers to get a trim. She had a great time interacting with the people she met there. Lacey's got a new motorized wheelchair and this helping her access the community more often. She's going to celebrate her 14th birthday later this week and will spend it with her family and close friends. Have a wonderful birthday, Lacey.

Kayla has been working on her gross motor skills and improving her physical strength by participating in varied activities recommended by her physiotherapist. She has a new therapy room, with soft flooring and containing all her exercise equipment and she enjoys spending time in this room. Kayla has got a new beach wheelchair and recently spent a great day at the beach in her new wheelchair. Superb effort, Kayla.

Dylan recently celebrated his birthday. He enjoyed watching the decorations being put up and had a great day spent in the company of his parents and support workers. Dylan enjoys participating in craft activities and blowing bubbles. He listens to Dreamtime stories and engages with personalised sensory books to understand more about his Aboriginal culture and identity. Many happy returns of the day, Dylan.

Rama



Dylan exercising at the gym



Ryan smells the flowers from his garden

National Recycling Week

7-12 November 2022

This year's theme is **'Waste isn't Waste until it's Wasted.'**

This is a great time to refocus our efforts on caring for our environment, learning about recycling, and making conscious choices about what we do with our packaging.

At SEWS, students and staff are involved in reducing waste in one way or another through recycling paper, plastics, glass and tin cans. As a community could we do more?

One way to help reduce waste to landfill is to reduce the amount of packaging brought to school in lunches and lunchboxes.

For more useful tips, recipes and suggestions please follow the link:

<https://recyclingnearyou.com.au/documents/doc-16081-wastefreelunchguide-srrc.pdf>

TIPS FOR WASTE-FREE LUNCHES

FOR PARENTS

Waste-free lunches contain only items that are eaten, composted or recycled. They don't contain wrappers or packaging that will be thrown in the rubbish bin.

We know some pre-packaged items can be a time saver and making waste-free lunches may seem a bit daunting for some. To help you, we have created some quick and easy recipes on pages 21-23, that can help you with ideas and inspiration. They are both delicious and nutritious.

EXAMPLES OF LUNCH ITEMS WITH WASTE



Sandwich in disposable cling-wrap or plastic sandwich bag



Chips or pretzels in a plastic/foil packet



Juice in a squeeze pouch, with plastic straw



Yoghurt in squeeze pouches or plastic 'shot' bottles

EXAMPLE OF ITEMS IN A WASTE-FREE LUNCH



Sandwich in a snug-fitting reusable container



Snacks in a reusable container



Drink in a reusable and resealable bottle, filled at home from a bulk container



Yoghurt in a small reusable container, filled at home from a bulk container