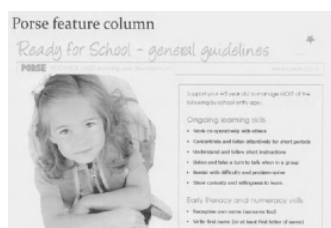


School days

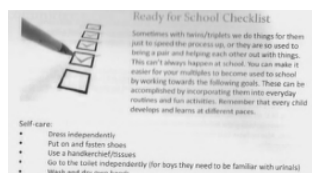
In our Article Archive, we are lucky to have access to some interesting articles relating to multiples and school.

- ✦ For those of you who have children aged under 5, PORSE outlined a set of learning skills, early literacy and numeracy skills, as well as social and self-care skills that as parents and caregivers we can support our 4-5-year-olds to manage by school entry age.



<http://multiplesbop.org.nz/wp-content/uploads/Ready-for-school-general-guidelines-PORSE.pdf>

- ✦ A similar ready for school checklist was published in our March 2015 magazine. This also includes social and self-care skills, as well as physical skills, as well as knowledge and awareness skills.



<http://multiplesbop.org.nz/wp-content/uploads/Ready-for-school-checklist.pdf>

There are also two articles discussing multiples in the same or different classes at school:

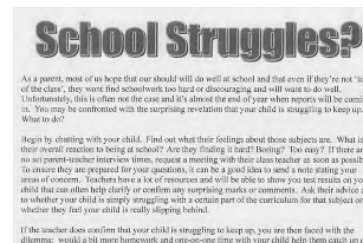
- ✦ Schooling Multiples: Together or Apart? provides a perspective from a mother of twins during her teacher training. There's an overview of different relationships between twins, as well as a list of considerations before separating twins, advantages and disadvantages, impact on parents as well as details on further resources. <http://multiplesbop.org.nz/wp-content/uploads/Schooling-multiples.pdf>

- ✦ The second article, Together or Apart, provides a collection of parents' perspectives on how they have tackled the same question about whether twins attend the same class.



<http://multiplesbop.org.nz/wp-content/uploads/Together-or-apart-same-class-or-not.pdf>

- ✦ The final school-related article in our archive is all about addressing some particular school struggles - like homework!



<http://multiplesbop.org.nz/wp-content/uploads/School-struggles.pdf>

- ✦ Multiples NZ also has some archived articles relating to education, including preparing for school as well as multiples at primary and secondary school levels: <http://www.multiples.org.nz/index.php/i-need-help/education>
- ✦ TAMBA, the UK-based multiples association, also has a comprehensive list of resources relating to both primary and secondary schools: <https://www.tamba.org.uk/Parenting/Primary>

Lunchbox fillers

It's a new year - and that means a return to packing lunchboxes. Here's a few ideas for healthy lunchbox fillers* (that aren't trusty peanut butter sandwiches):

- corn fritters
- mini vege quiches
- sweetcorn - cut in quarters
- carrot, celery, cucumber or capsicum sticks - on their own or with hummus
- snow or sugar snap peas
- veg traffic light skewers: cherry

tomato, orange capsicum and cucumber on sticks

- fresh fruit: grapes, strawberries, blueberries, apple, pineapple, pear, mandarin, kiwifruit (don't forget to pack a spoon), watermelon
- dried fruit
- mini bagels
- rice crackers or chips
- pita or bagel crisps
- popcorn
- pretzels

- cheese triangles
- hard boiled eggs
- sushi
- mini pizza
- homemade muesli bars and muffins
- seeds or nuts (try mixed together scroggin mix)

* follow the food guidelines set by your education facility.