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DISTRICT DIRECTORS  
CHIEF EDUCATION SPECIALISTS  
DEPUTY DIRECTORS  
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ASSISTANT DIRECTORS CO-ORDINATING NSNP IN DISTRICTS  
ALL NSNP STAFF AT HEAD OFFICE AND DISTRICTS  
PRINCIPALS OF SCHOOLS AND SGB CHAIRPERSONS  
RELEVANT STAKEHOLDERS

**KZN NSNP CIRCULAR NO:105 OF 2022**

**SUBJECT: NATIONAL SCHOOL NUTRITION PROGRAMME CALL FOR SCHOOLS TO PARTICIPATE IN THE DEPARTMENT OF BASIC EDUCATION RECYCLED ART COMPETITION IN COMMEMORATION OF THE WORLD SCHOOL MILK DAY 2022.**

1. The National School Nutrition Programme (NSNP) aims to enhance learning capacity and improve access to education by providing nutritious meals to learners in targeted public ordinary schools and identified special schools.
2. The World School Milk Day (WSMD) is an approved activity in the NSNP Business Plan 2022/23 and will be commemorated on the 29th of September as it is done every year, in order to address the important role that dairy plays in the lives of school going children. The objective is to create awareness and inform school communities of how dairy meets the nutritional needs of children.
3. The overarching objective with the WSMD 2022 campaign will be celebrated under the theme “*Dairy gives you GO for a healthy me and environment*”! which will focus and showcase how dairy makes a difference in the health status of the school communities (learners, educators, Volunteer Food Handlers, School Governing Bodies and general workers).
4. The learners will be sensitized to the importance of looking after their health and the health of the school environment by using the packaging of dairy products to make artwork instead of just discarding the packaging.
5. The aim is also to teach children about recycling, by improving their recycling habits, they can help keep the environment clean and preserve the natural resources, while showcasing artistic talent.
6. Educators to use the nutritional message of the CEP in contact session to inform learners about the importance of dairy. Then issue the challenge, to create art works from recycled dairy packaging material in small groups (3-5 learners per group).
  - This WSMD 2022 school-based activity competition targets all primary schools (Quintile 1-5) and special schools



- Educators are requested to assist in selecting the participating learners and group them according to their grades.
  - Educators are requested to guide the selected groups to create artistic pieces from recycled dairy packaging materials (N.B.: Only learners are expected to do the work)
  - Participating learners will have to collect empty dairy/milk sachet, plastic containers, cups, bottle or bags and upcycle them into a piece of art.
  - Learners must be innovative and creative.
  - Arts and Culture educators can assist the learners with the project.
  - The art pieces that will be created can be 2 or 3 dimensional.
7. Entrants are expected to compete under three following categories / divisions:
- Gr R to 2 - Dairy animals (cows, sheep, goats)
  - Gr 3 to 4 - Self or landscape portraits (collage and/or mosaic)
  - Gr 5 to 7 - Fashion and/or accessories - e.g. dress, school uniform, shoes, general clothing, jewellery, bags etc.
8. The attached entry forms must be filled in correctly and in detail with as much information as possible to assist the evaluation process. Nomination not meeting the criteria will be disqualified.
9. The schools will select and nominate the best art pieces per grade.
- 10. Completed entry/nomination forms attached to nominated art work/piece per category division or evidence/supporting material i.e. photos, DVD/USB must be delivered to your nearest district/ circuit/ area office of the District Department of Education on 11 October 2022.**
11. The District will select one best art piece per grade and submit all selected entries to Provincial Education Department on 25 October 2022.

Mr. GN Ngcobo

Head of Department: Education

Date: 12/9/22



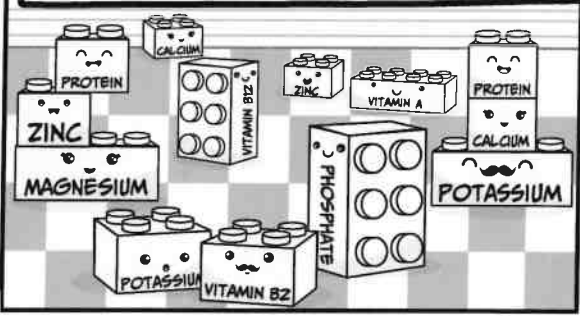
# Dairy gives you go for a healthy me and environment

Why choose dairy?

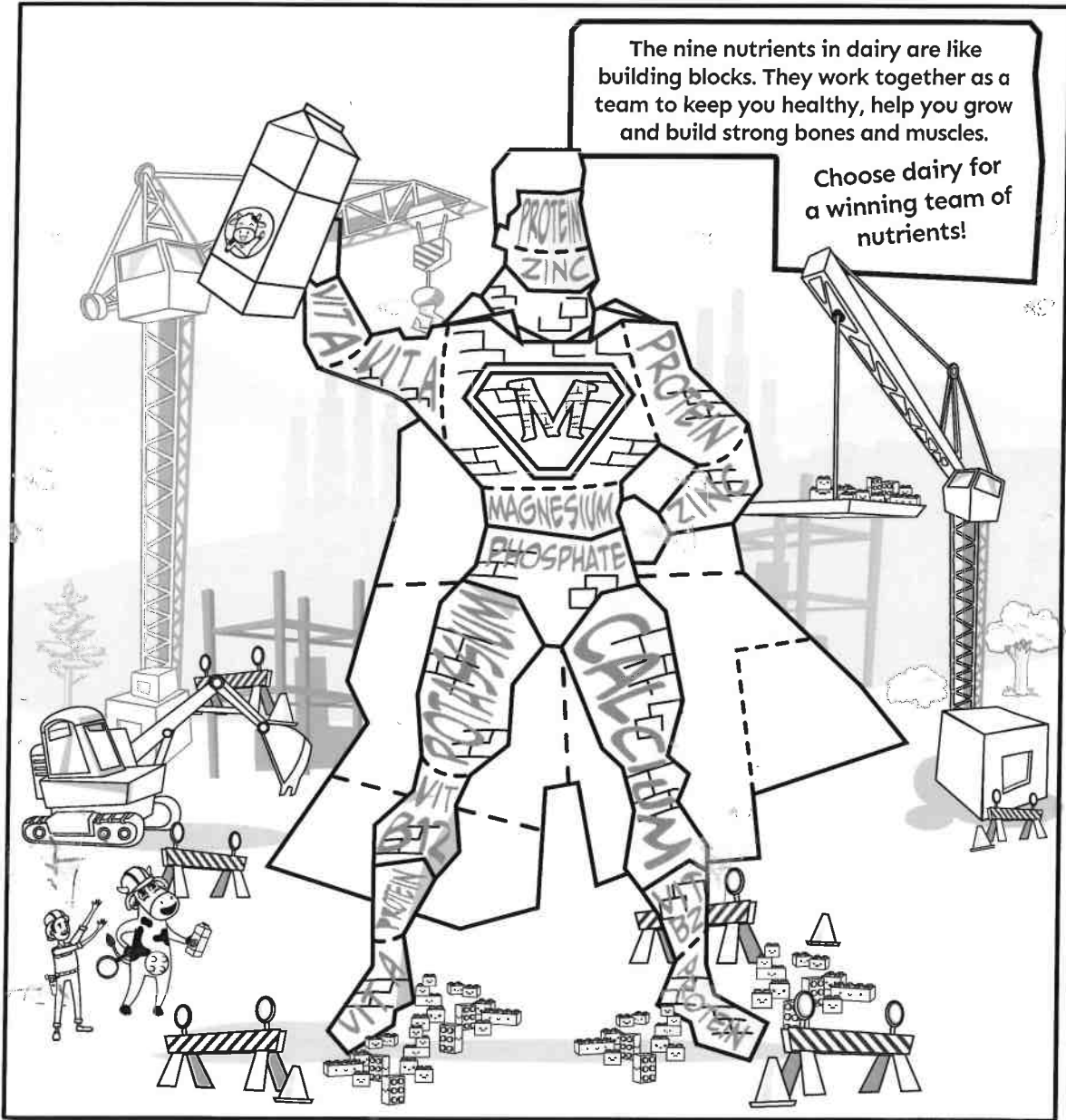
Hello there! Do you know that milk, amasi and yoghurt can be part of a healthy meal to build better bodies?



Dairy foods help build better bodies and keeps you healthy because they give your body nine important nutrients it needs every day to stay healthy, grow well and become strong! Even one cup of milk, amasi or yoghurt can give you a boost.



The nine nutrients in dairy are like building blocks. They work together as a team to keep you healthy, help you grow and build strong bones and muscles. Choose dairy for a winning team of nutrients!

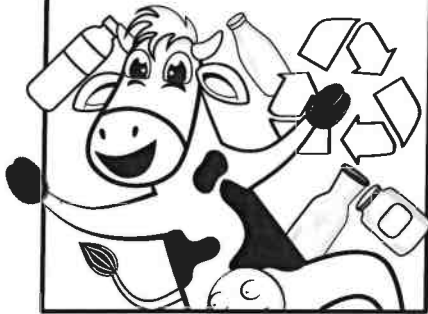




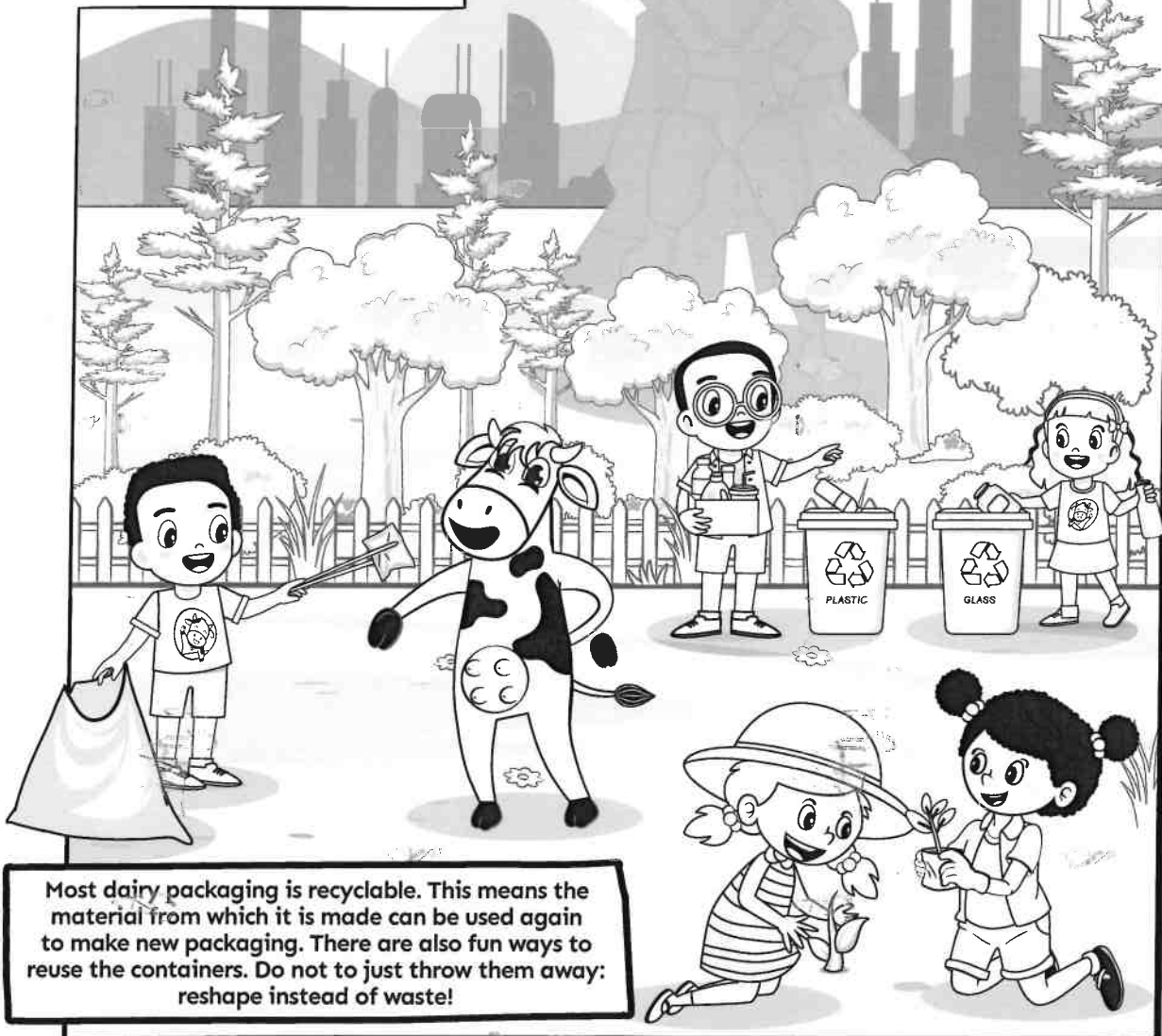
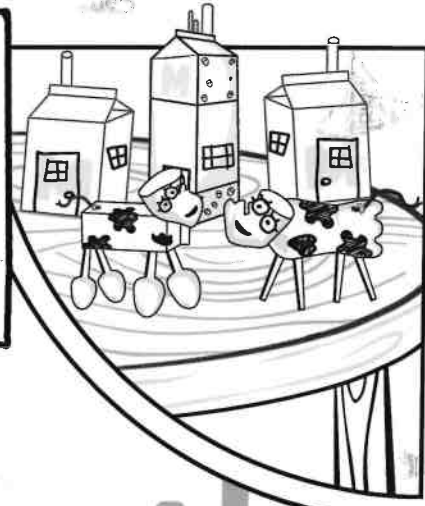
# Dairy gives you go for a healthy me and environment

Help our planet: reduce, reuse and recycle!

Dairy containers can be recycled very easily.



The nutrients in dairy are good for you. Dairy gives you the go to be creative! Did you know that you can reuse the bottles, bags and cups in which dairy products are sold in many different ways?



Most dairy packaging is recyclable. This means the material from which it is made can be used again to make new packaging. There are also fun ways to reuse the containers. Do not to just throw them away: reshape instead of waste!



# World School Milk Day 2022

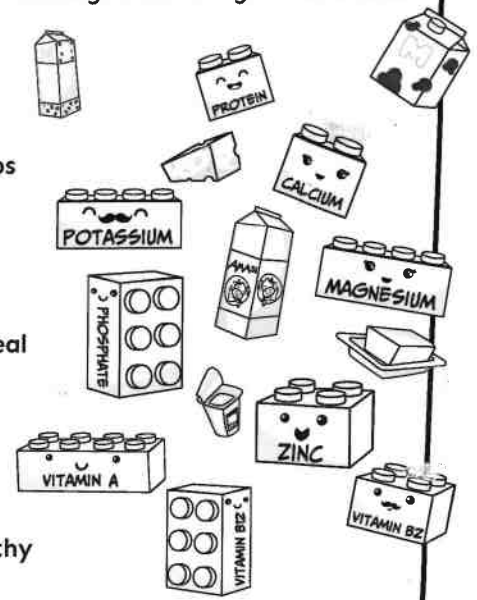
Did you know that World School Milk Day is celebrated around the world in September every year?

Because milk has such an important role in the diet of schoolgoing children, the Food and Agricultural Organisation of the United Nations made a special day to celebrate the goodness of dairy each year. Milk and other dairy products such as amasi, buttermilk, yoghurt and cheese have valuable nutrients that help to build better bodies.

That's why we say: 'Dairy gives you go!'

Dairy helps to keep your body strong so that you can be part of building a healthy world for everyone. Milk, maas and yoghurt give you these nine important building blocks for good nutrition:

- 1. Proteins** – the muscle-building nutrient
- 2. Calcium** – for building strong bones and teeth
- 3. Potassium** – a mineral that helps muscles work hard and keeps your heart beating strong
- 4. Magnesium** – a mineral that helps to repair your body
- 5. Phosphate** – to help give you the energy that makes you GO!
- 6. Zinc** – for protecting cells, fighting diseases and helping to heal wounds
- 7. Vitamin A** – an important vitamin for good eyesight
- 8. Vitamin B2** – helps to let you grow and to give your body energy
- 9. Vitamin B12** – an important vitamin to keep your brain healthy and help you think smart



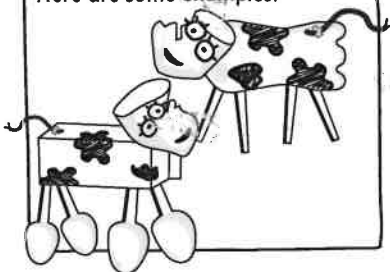
Celebrate World School Milk Day by enjoying a cup of milk, amasi or yoghurt every day. And afterwards, instead of throwing the packaging away, make it into something new.

This year SuperMoo and her friends challenge you to be creative! Collect and clean dairy containers and use them to make something beautiful – in 2D or 3D! You can use paints, glue and any other basic art and craft materials, but the main part of your artwork must be made from empty dairy packaging.

Get your friends together and enter as groups of three to five in the following categories:

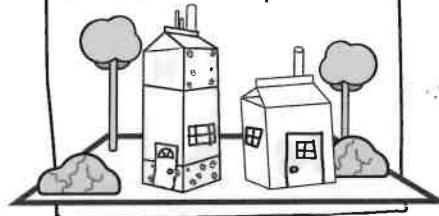
## Grades R-2

Do you know which animals give us milk? Show us by making a model or creating a picture. Here are some examples:



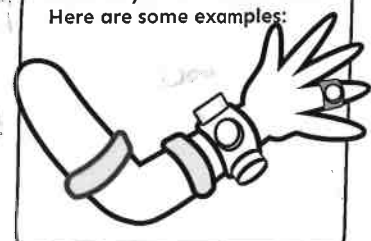
## Grades 3-4

Where is your favourite place, or who's your role model? Make a model or create a collage of people or the landscape. Here are some examples:



## Grades 5-7

Do you have a great fashion idea? Design your own new fashion item or accessory. Show us your new must-have! Here are some examples:





# World School Milk Day 2022

Dairy gives you GO for a healthy me and environment!



## SCHOOL ACTIVITY CHALLENGE/ COMPETITION ENTRY FORM

Please fill in the details of the school entered in the spaces below. The entry form must be accompanied by the artwork or pictures/videos saved on DVD as the evidence.

Completed forms should be submitted at the nearest district/regional office by 30 September 2022.

Province: \_\_\_\_\_

District: \_\_\_\_\_ Circuit/Area office: \_\_\_\_\_

School Name: \_\_\_\_\_

Quintile: \_\_\_\_\_

School Physical address: \_\_\_\_\_

\_\_\_\_\_ Code: \_\_\_\_\_

School telephone number: \_\_\_\_\_

Cell: \_\_\_\_\_

Fax number: \_\_\_\_\_

School email address: \_\_\_\_\_

Grade and Category submitted: \_\_\_\_\_

School Principal Name: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\_\_\_\_\_



District Director's Signature: \_\_\_\_\_