

1. No clutter in your lunchbox ( Geen rommel in je trommel)
2. National Tap Water Day
3. Week against bullying

## 1. No clutter in your lunchbox. Geen Rommel in je trommel



The start of the new school year is a good time to pay extra attention to healthy school lunches and snacks. Do you already know the campaign 'No clutter in your lunchbox/ Geen Rommel in je trommel'?

The booklet ( in Dutch) is full of information, tips and nice lunch (drum) recipes. The booklet can be downloaded on the internet page [Trommel zonder rommel](#) (in Dutch)

## 2. National Tap Water Day

Wednesday 28 September 2022 is National Tap Water Day. Many schools already pay attention to drinking water this day.

Tap water is healthy, sustainable and (almost) free. Does your child already have a water bottle or water bottle?



## 1. Week against bullying, 26 – 30 September.



Bullying is common. In the Netherlands, one in five children is bullied or they bully themselves. In addition, many children are involved in bullying as 'followers'. Children who are bullied often suffer from complaints such as insomnia, abdominal pain, headaches, and bedwetting. Many schools pay extra attention to it in the week against bullying.

### Tips for parents

Read more in [this leaflet](#) ( in Dutch) what you can do as a parent to combat bullying. The information is both for parents of children who are bullied, and for parents of children who bully themselves or are followers.

### Tips for children,

Want to know more about bullying? For example, because you want to stop (online) bullying? Or because you are looking for information for a lecture or paper? We are here for you. On [www.pestweb.nl](http://www.pestweb.nl), everyone between the ages of 8 and 18 will find information about bullying at school. You will receive tips and advice to combat bullying.

### Any concerns or questions?

It is always possible to make an appointment with the youth healthcare nurse/doctor associated with your child's school.

To make an appointment, you can call the front office JGZ.

Telephone number 023-7891777 on weekdays from 8.30 to 12.30 and 13.00 to 17.00.