

Our classroom teachers, “Specials” teachers, After School Program staff, Summer Camp staff, and coordinators of other extra-curricular activities have all endorsed our Nutrition and Wellness Plan, and are committed to its full implementation by the start of the 2008-09 school year. Many of our faculty and staff have already begun to make changes in their classrooms and/or areas of responsibility. We thank you for your support of their efforts!

- **Your help is needed in these areas:**

BIRTHDAYS:

We love to celebrate birthdays! If you wish for your child’s birthday to be recognized at school, please consider sending in a non-food treat. **We ask that you not send in sweets or non-nutritious foods of any kind.** We encourage recognition of birthdays with “show and tell” (especially for our younger students), a parent or grandparent visit to read to the class or plan an activity for recess.

“FUN FRIDAY”, “SPECIAL” STUDENT, and “TREASURE CHEST” TREATS:

Especially in our kindergarten classes, there are weekly opportunities for students to be recognized as “star students” or “shining stars” and these children are asked to bring in a favorite “treat” to share with the class. Additionally, our teachers may request contributions of small treats that may be offered as daily or weekly rewards for academic and behavioral successes. If you wish to participate in providing any of these items, please be sure the treats are non-food items or items from the list of “acceptable food items.”***

CLASS PARTIES:

Per our Family Handbook, “class parties are held only at major holidays- Christmas, Valentine’s, Easter, and at the end of the year.” We also have several school-wide celebrations per year, including one at Halloween and other special events such as International Day. Birthdays for students and teachers should not create additional on campus parties. We ask that these parties and special days be the only ones during which sweets and other food items that are not on the acceptable list be provided.

- **We are making changes on campus:**

LUNCH:

We are very excited that the new Multi-Purpose building will include a commercial kitchen and cafeteria space. We are currently investigating the benefits that a lunch service provider would give the school. We anticipate being able to offer a new lunch program that would offer many nutritious choices with portion control and nutrient content that would meet USDA guidelines.

ICE CREAM DAY:

Ice cream will now be served once a month rather than once a week. Lower fat and lower sugar items will be offered.

VENDING MACHINES:

The only items which will be offered in machines will meet our new guidelines for Nutrition and Wellness (i.e., bottled water, pretzels, etc.)

******List will be completed soon, and distributed along with full details of the new plan***

