

HILLCREST HEALTHIER SNACK AND BIRTHDAY POLICY

Dear Parents/Guardians of Hillcrest Students,

Welcome to the 2014-2015 school year at Hillcrest Elementary School! We are very excited to help our students grow and learn this year. One important part of learning is making sure our bodies and minds are prepared and ready to learn. We know it is important to get lots of fresh air, exercise, sleep, and **healthy foods**. One healthy food choice that we can help our students make here at school is to eat a healthy fruit or vegetable at snack time in the classroom. Snacks this year **MUST BE** a fruit or vegetable. Below is a list of acceptable snacks.

Here are some examples:

Fruits:



Apples, Apricots, Bananas, Blackberries, Blueberries, Cherries, Cranberries, Dates, Dried Fruit, Figs, Grapefruit, Grapes, Kiwi, Mango, Melon, Nectarines, Oranges, Papaya, Peaches, Pears, Pineapple, Plums, Raisins, Raspberries, Strawberries, Tangerines, Watermelon, Fruit cups drained of juice and placed in a sealed container

Vegetables:



Peppers (Green, Red, Yellow), Broccoli, Carrots, Cauliflower, Celery, Cucumber, Cherry Tomatoes

*****Dipping sauces, fruit snacks/rollups or fruit juices will not be allowed.**

Birthdays at Hillcrest!!!!!!!!!!



Your child's birthday is an exciting event for you and for them. School can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. In order to continue our approach to healthy eating we are adopting a non-edible approach to celebrating birthdays.

*****This means food will no longer be accepted in the classrooms to celebrate birthdays.**

Listed below are several ways to celebrate your child's birthday here at school:

- In all grades we welcome parents, grandparents, other family members or special friends to visit the classroom to read a book to the class. It can be a special one that the child has picked out or one that the reader has chosen. Please contact your child's teacher to arrange a time that is suitable for you both. Email is best.
- Purchase a gift for the classroom, wrap it and the teacher will have your child unwrap the gift and share it with the class.
Examples are a puzzle, book, card game or game for the classroom. Contact the teacher for other suggestions for the room. Your child will be surprised and the gift will be used over and over during the year.
- Goodie Bags will be allowed. However, they must be filled with non-edibles such as: **pencils, erasers, stickers, rings, little puzzles, books, small notebooks, crayons, yoyo's, bubbles, balls, etc.** The students enjoy receiving them, using them in class or taking home these treats.
- *****No edible items can be distributed either individually or in the bags.**
- Have your child bring his/her favorite book to be read to the class. Your child or the teacher can read the book.



Please know that all teachers have their special way of celebrating birthdays in their classroom. Please ask what you can do to assist them.

Healthy celebrations are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student risks and improve learning.

Please read other side regarding snacks at school.