



August 2018

Dear Minges Families,

At Minges Brook Elementary School we work hard to ensure that students' minds and bodies are ready for learning each day. In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives.

Lakeview School District has adopted a healthy treat policy for holiday parties and student birthdays. The following list is designed to help parents support healthy food choices. The Minges Brook staff greatly appreciates you for:

- ★ Honoring your child's birthday by sending non-food treats such as stickers, pencils, or a class book to add to the classroom or school library.
- ★ Ensuring all food sent to school for birthday celebrations promote a healthy food choice (see attached list for healthy snack alternatives)
- ★ Asking your child's teacher what non-food or healthy rewards/incentives they are utilizing in the classroom.
- ★ Becoming involved in planning school holiday parties that include games, crafts, and healthy foods & drinks.
- ★ Participating in brainstorming ideas for healthy, non-food focused fundraisers for the school.

To encourage your participation in this plan, attached to this letter you will find suggested food and beverages. These items are consistent with the intent of the district's Local School Wellness Policy and will promote healthful eating among our students.

As educators, caregivers, and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

If you have any questions, please contact us at the school. We are looking forward to making our school the healthiest it can be so our students can do their best work.

Respectfully,

Bill Albrecht, Principal
Minges Brook Elementary

The list below provides healthy suggestions for classroom celebrations.

Healthier Options

100% juice instead of punch	Low-fat yogurt products
100% fruit juice freezer pops	Fruit leather
Trail Mix	String Cheese
Apples with caramel dip	Sparkling water
Fruit or Vegetables	Pretzel products
Popcorn - no salt or butter	Real fruit popsicles
Dried Fruits	

We encourage families to use the list above as a guide in providing healthy snacks. You may also choose to bring in non-food items to give each child on your child's birthday. Here is a list of ideas:

Glow-in-the-dark items	Stamps
Bracelets	Plastic rings
Party hats	Erasers
Silly bands	Holiday themed items
Bubbles	Pencils
Chalk	Pens
Stickers	Crayons
Little toys	Decorative pencils

Here are a few other ways that you can celebrate your child's birthday at school:

- ★ Donate a book to the school in honor of your child's birthday with his/her name inside.
- ★ Have your child bring their favorite book to share and read it to the class.
- ★ Donate a ball or jump rope to the classroom for recess.
- ★ Choose a favorite song or musical piece to sing or play for the class.

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

- ★ Snacks should be kid-size. Both children and adults don't need large portions.
- ★ Snacks should be colorful. Kids eat with their eyes. Make snacks visually appealing.
- ★ Snacks should be healthy. Offer fruits and vegetables as often as you can.
- ★ Drinks should be served in small portions, a cup or less each. Water is the healthiest choice.