

# IMPORTANT ANNOUNCEMENT

Our School District Board of Trustees recently adopted a policy in support of the California State Guidelines for student health in our schools. Below is a condensed version of the board policy and a complete copy of this policy is also available in the front office.

## BIRTHDAY TREATS - Two options are available:



**Option 1:** All birthdays for a single month will be celebrated on one joint day -the last Friday of the month after lunch. ONE store bought snack that does not meet the 35/10/35 guidelines (see below) will be allowed at the teacher's discretion and coordinated by the room parent. **All other food items must meet the 35/10/35 & beverage guidelines** (see below) **and be commercially prepared (including fresh fruit and vegetables).**



### Option 2:

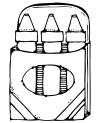
Students celebrate their birthday using non-food item(s) instead of an edible food item on the day of their choice. The following is a list of ideas to help you make the transition from food items to non-food items for a celebration:

Book Markers  
Bubbles  
Hair Pins  
Hi-lighters  
Key Chains

Pencils  
Pencil Erasers  
Puzzles  
Stickers  
Writing/note pads

### Classroom Donations:

Balls  
Bases  
Class Book  
Jump Ropes



## CLASSROOM PARTIES - Halloween, Valentine's Day and once a month birthdays:

**Only ONE food item that does not meet the 35/10/35 or beverage guidelines** will be offered during the classroom party at the teacher's discretion on the last Friday of each month after lunch (for birthdays). **All other food items must meet the 35/10/35 & beverage guidelines and be commercially prepared (including fresh fruit and vegetables).**

## 35/10/35 Guidelines:

Food items must not contain more than:

**35%** of its total calories from fat (excluding nuts, seeds, eggs, & cheese)

**10%** of its total calories from saturated and trans-fat combined

**35%** of its total weight composed of sugar

## Beverage Guidelines:

Fruit Juice (at least 50% with no added sweeteners – 100% preferable) i.e.: Juicy Juice, Capri Sun Waves

Milk

Vegetable Juice (at least 50% with no added sweeteners)

Water with no added sweeteners



Thanks for helping to promote and support healthy choices for our students by using the guidelines listed above. It is greatly appreciated!