

Dear Parents/Guardians and students,

Welcome to the Early Learning Center!

A few words about snacks and birthdays...



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 to take in new information. We know it is important to get lots of exercise, fresh air, and healthy foods. One healthy food choice that we can help our students make here at school is to eat a vegetable or fruit snack. If you & your child decide a snack is needed during the course of the school day, the choice will be simple, a piece of fresh fruit or fresh vegetable. Here are some examples:

- Vegetables: cucumber, broccoli, carrots, celery, peppers, green beans, cauliflower, cherry tomatoes (or are they a fruit?)...
- Fruits: apple, banana, orange, kiwi, strawberries, blueberries, grapes, raisins, peaches, dried fruits...

We ask that students not bring dipping sauces, fruit rollups, or fruit juices.

We understand that some students may have documented health issues that will affect their snack choices. Please feel free to discuss these food issues individually with the school nurse. Please know that you may always pack any food items that you choose in your child's lunch to be consumed in the cafeteria.

It is also important to be aware that if students choose to celebrate their birthday at school, edible birthday treats are not an option, however they may bring a non-edible treat to share with the class. Some ideas include pencils, bookmarks, or donate a book or game to the class or school. A more extensive list of suggestions is provided on the next/back page.

Thank you,
The ELC Team



A few Non-Edible Birthday treat ideas...

- Stickers
- Special Pencil – with or without topper
- Smencil
- Erasers
- Book or game that the birthday child donates to his/her class or school
 - *This is so fun if the parent/guardian wraps the item and can keep it a secret so the child does not know what he/she is opening/giving to the class!*
- Small toy or trinket to be sent home
 - i.e. bubbles, super ball, top, etc.
- Bookmarks
- Magnets
- Notepads
- Origami animal, flower, etc.
 - *Very special when made by the birthday family.*