



Nutritional Health

A daily balanced diet is essential to every child's physical, mental, emotional, and physiological needs. If a child comes to school hungry or improperly nourished, the child will have difficulty concentrating on her/his schoolwork. Please make every effort to provide your child with healthy and nutritionally balanced meals for the best possible day!

Breakfast is essential. Be sure your child begins each morning with a healthy and nutritionally balanced meal to provide the brain energy your child will need for the activities of the day. If your child is unable to eat breakfast at home, you are welcome to pack a HEALTHY breakfast for them to eat at school prior to the start of class time. A good suggestion might be cereal and fruit in a Tupperware sealed bowl, or fruit juice in a sealed cup and toast, etc. Some of the major food companies are now making "milk and cereal bars" which are relatively low in sugar and surprisingly high in protein. Read labels, be creative, and your child will eat with more interest!

Snacks and Lunch are the parents' responsibility. Please plan to send a bag or lunch box with your child each day, and make sure to label all containers to be taken home with your child's name. Some campuses may offer optional lunch programs.

When preparing your child's lunch and snacks, please make every effort to send items which the child can eat easily, can open and/or close relatively easily and independently. Lunch must be something which can be eaten without heating.

Please avoid sending junk food and highly processed food items. These food choices are usually loaded with refined sugar or fat and offer little or no nutritional value. During school, students need "brain food". Stick to items that are as close as possible to their natural state: fresh fruits and vegetables, whole grains, seeds, nuts, dairy products and proteins. Limit juices and juice drinks. Even 100% juice, consumed in excess provides too much sugar for a young child's dietary health and results in an afternoon "low" as the child's blood sugar attempts to balance back out. Instead, opt for a bottle of water or milk that can be kept fresh with a cold pack or in a thermos.

SODA AND HIGH SUGAR FOODS WILL BE SENT BACK HOME. We believe monitoring the intake of these types of highly processed, non-nutritive foods will provide the child with a better ability to concentrate. If you think that these types of foods are appropriate, please save them for the home environment.

Special Occasions and Events Birthdays: Children love to share their birthdays. Each teacher has developed her/his own practice for acknowledging birthdays. This information will be provided during parent orientation for your child's class. If you would like to share a special treat in honor of your child's birthday, please consult with your child's teacher ahead of time with respect to her/his celebration time. This event will be incorporated into the cultural history unit during group time experience.