



Dear Parent/Guardian of TPES student:

At Torrey Pines Elementary School, we work hard to ensure that students' minds and bodies are ready for learning each day, but we need your help to make our school even healthier!

### **Healthy Snacks and Celebrations at School**

To support our student's health and wellness, our school district has established nutrition standards for all foods and beverages offered and sold in school by any group, including parent/student organizations, teachers, boosters, fundraisers, and food and nutrition services during the school day and up to one half hour after the school day. This includes celebrations, parties, classroom snacks, and student rewards for performance or behavior.

### **Why offer healthy foods and beverages at schools?**

Every day our teachers and staff prepare students for success in the classroom, as well as 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.

In addition, our District Wellness Policy includes standards for snacks that are offered and sold in schools to meet federal requirements.

### **How can I support these healthy changes at schools?**

Parents/guardians should:

- Celebrate their child's birthday by sending non-food treats such as stickers, pencils or a gift to the classroom such as a book or playground ball (*ask the teacher for suggestions*).
- Ensure all food and beverages sent to school for birthday celebrations promote healthy food choices e.g. fruit cups, fresh fruits and vegetables, applesauce cups or pouches, popcorn, go-gurt yogurts, granola bars, etc.
- Ask your child's teacher what non-food or healthy rewards/incentives they are utilizing in the classroom.
- Become involved in planning school holiday parties that include games, crafts and healthy foods and beverages.
- Avoid bringing junk food items such as chips, candy, soda, cupcakes, cookies etc. to school.

### **How else can I help?**

We invite you to join us in working with other parents, teachers, school staff and community groups through your site's School Wellness Committee. We welcome your ideas and support in creating a healthier school environment for our students.

Please contact Principal, Keith Keiper, with any questions and ideas you may have. For more information about Smart Snacks in school and the San Diego Unified Wellness Policy, visit: <https://www.sandiegounified.org/competitivefoods>.

Together we can teach our children healthy habits that last forever!