



Healthy Celebrations at _____

Dear Families,

We are working hard to make our school a healthier place. Between holiday and birthday celebrations, the number of sugary foods and beverages that are offered to students during the school year can add up quickly. While occasional treats are special, too many can be unhealthy for our students.

We want to create a healthy school because we know that healthy students are better learners. We also wish to educate our students about healthy options and teach them to make responsible food choices. Therefore, we invite you to join us in creating healthy celebrations throughout our school.

When food is included as part of a classroom celebration, we request that the food and beverages meet the Rio Healthy Food Guidelines (fresh fruit, vegetables, whole grain crackers, low-fat cheese, water with fresh fruit, etc.). Sign-up sheets will be available in individual classes to help with planning.

It is possible to include foods that do not meet the Rio Healthy Food Guidelines during our monthly birthday/holiday celebrations, but please remember that soda and candy are NEVER allowed on site for celebrations or otherwise.

If you have questions, please don't hesitate to contact Lacey Piper, our Lead Wellness Champion or your child's classroom teacher.

Thank you so much for helping us create a healthier place for your child to learn!

Sincerely,
