

Birthday Carts for 2014-15

Dear Parent/Guardian:

All schools in the Oregon School District are making an effort to support healthy eating habits for all students. We want all students to understand the health and learning benefits of eating whole grains, vegetables, fruits and proteins.

Birthday parties and holiday celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. Please help us provide all children with healthy snacks and birthday or celebration treats.

As an option for the 2014-15, each elementary building will begin offering a "Birthday Cart" as an alternative for students when they celebrate their birthday (or half birthday). Rather than bringing in a birthday treat, your child may select an item for their classroom, school or playground from our Birthday Cart. Your child can choose from a variety of items such as recess equipment or supplies for the classroom. To offset the cost for the items, children can bring a small donation for the birthday cart (\$5-\$10). The item will be marked with your child's name and will remain part of your child's classroom for the remainder of the year.

However, if you prefer to bring in a healthy birthday treat instead of utilizing the birthday cart or you are looking for ideas for daily snacks for your child, we have included a list of healthy snack ideas as well as a list of acceptable snacks if your child is in a classroom where there are students with peanut or tree nut allergies. Please let us know if you have any questions or concerns regarding the goal of helping students establish lifelong habits of healthy eating and regular physical activity. We appreciate your support as we all work together to model healthy choices and regular physical activity with a goal of lifelong wellness for all of our students.

We would welcome donations at anytime as we work to get the birthday carts up and running in all three elementary schools.

Healthy Active Children Make Better Learners! ☺

Sincerely,

Kerri Modjeski, Principal
Brooklyn Elementary

Heather Sveom, Principal
Prairie View Elementary

Dan Rikli, Principal
Netherwood Knoll Elementary

Becky McCabe
School Nurse

Missy Sampson
School Nurse

Amy Miller
Community Education & Recreation Director
Wellness Committee Co-Chair

Robyn Wood
Food Service Director
Wellness Committee Co-Chair

September 2014