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A California Distinguished School
Fullerton School District

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Dear Parents: September 2011

In order to learn effectively, students need a healthy school environment. To ensure that Raymond School provides a healthy school environment, we are suggesting the type of healthy snacks that can be included in student lunches and provided at classroom parties. Remember parents it is "**healthy snacks only**!"

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well - being. Raymond School staff believes that they have a responsibility to help students establish and maintain lifelong, healthy eating patterns. They are committed to adhering to the Fullerton School District Wellness Policy, which includes the following goals:

- Foods available to students as part of their school day should be nutritionally dense, low in fat and sugars, and moderate in portion size.
- Classroom parties and celebrations should not be focused on food. If food is part of the of the celebration, healthy options such as fruits, vegetables, low-fat-baked goods and low-fat dairy products should be given primary consideration.

Suggestions for Snacks at Raymond School: The foods that are distributed to students should be healthy and contain no trans -fats and no more than 35% of total weight from sugar (excluding fruits and vegetables).

Raymond School's Suggested Snacks to Adhere to the Fullerton School District Wellness Policy	
Any Fruits, canned/fresh/or frozen	Corn Nuts
Any Vegetables	Crackers
Bagel chips	Cream Cheese – Low fat
Small bagels – with low fat	Energy Bar
	Frozen yogurt – Non-fat

cream cheese Baked Chips Beef Jerky Cheese sticks	Granola Bar Popsicle Graham Crackers Pretzels

When are snacks allowed? Snacks will be allowed during student recesses and class parties, including birthday celebrations if approved by classroom teacher.

Special Events: Special events and other events that take place after school hours (like the school carnival) should emphasize healthy choices.

What about parties? We expect parents to set the example of using the above list for classroom celebrations and with teacher approval prior to celebrations.

We are committed to provide your child a healthy environment. If you have any questions, feel free to contact me at the school!

Your child's principal,

Yolanda McComb

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