

Healthy Active Kids Are Better Learners Update Regarding K- 6 Snacks and Celebrations for 2021-2022

Dear Parent/Guardian:

We are excited to welcome you and your child(ren) back into our schools. This year following COVID-19 protocols, celebrations and snacks will look a little different.

We are asking that NO food be brought to school for students other than your own child unless pre-approved by the classroom teacher.

- **Please send healthy snacks** with your child so they have the nutrition they need to optimize their learning! (Note, some classrooms are nut free classrooms).
- This year, we are requesting that birthday or other celebrations be observed with **non-food options only** as we do not want students eating in classrooms for safety reasons.

Ideas for Birthdays and/or Classroom Celebrations

- Students may request to be the **teacher helper for the day**, **choose an active classroom break**, **choose a game for the class to play**, **choose to learn outside or extra recess for the class**.
- **Donate a book** to the class library in your child's name.
- **Donate to an organization** of the child's choice in the classroom's name.
- **Donate plants, seeds or bulbs for the school garden**. Pick your child's favorite vegetable to plant!
- **Decorate a birthday box** and send it into the classroom. Include index cards or small pieces of paper. Have the teacher ask each child to write something positive about the birthday child and put it into the box (or you could use an autograph book). The box will go home with your child.
- **Volunteer at recess or in your child's classroom**.

Free Breakfast and Lunch

- **Thanks to additional federal reimbursement, breakfast and lunch is available for all students at no charge.**
 - For more information: oregonsd.org/food
- If a student selects milk only, there will be a \$0.40 charge (milk only does not qualify for federal reimbursement).

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.

Healthy Active Children Make Better Learners! 😊

Sincerely,

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