



STUDENT HEALTH AND WELLNESS POLICY

Healthy eating helps students grow, learn, play, and feel good about themselves. At New Heights, faculty and staff help children understand and develop knowledge and skills in healthy eating. In addition, being active promotes physical and emotional well-being. When students are physically and mentally healthy, they are ready and able to learn.

Food Program

The breakfast, lunch, and snack provided to students each day is healthy, fresh, and in compliance with current national food guidelines.

Food/Nutrition

It is very important that your children eat a well-balanced diet. Please make an effort to feed your children nutritious foods every day in the proper portion sizes for their size. If your child gets hungry in between meals, please send a healthy snack with them to school, or remind your child to take advantage of the healthy snacks provided by the school.

HEALTHY SNACKS ALLOWED TO BRING TO SCHOOL: Foods such as fresh fruit, vegetables, yogurt, cheese, and water.

FOOD NOT ALLOWED TO BRING TO SCHOOL: All sweets are not allowed in school. Foods such as: cookies, candy, gum, chocolate, chips of any kind, pudding, French fries, Jello, and shelled sunflower seeds are not allowed in school.

DRINKS NOT ALLOWED IN SCHOOL: Soda, fruit juice that isn't 100% juice/artificially colored juices, Gatorade, Sunny Delight, Powerade, and sugared waters/sports drinks. The only drinks that are allowed in school are white milk, 100% juice, and water. When students bring water to school it needs to be in liquid form, not a block of ice.

If students bring unhealthy food to school, school staff will hold the food in a safe place for students until the end of the day. Parents will be notified if this behavior recurs. The staff reserves the right to determine if something is healthy and allowed to be in school. Teachers reserve the right to determine what food and drink is allowed to be consumed in their classrooms.

Birthdays and other Celebrations

If you wish to join the class for a celebration or provide healthy, light snacks, please contact your teacher. Please do not bring flavored drinks, chips, cupcakes, cake or anything that is not allowed as part of the school's food policy (see above). The celebration food is not meant to replace lunch for the day. Your classroom teacher will share the class birthday policy at the beginning of the school year – please follow this policy. We encourage all celebrations to occur at the end of the school day.

Signature _____

Date _____

Students Name _____