



## Springfield Public Schools

EDWARD V. WALTON EARLY CHILDHOOD CENTER  
OFFICE OF THE PRINCIPAL  
601 MOUNTAIN AVENUE  
SPRINGFIELD, NEW JERSEY 07081  
<http://www.springfieldschools.com>

**Michael C. Plias**  
Principal

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Dear Walton Families,

As you may be aware, childhood obesity is one of our nation's most serious health problems. Another growing problem is the increase of food allergies among our students. At Walton School, it is our priority to keep our students safe and teach them healthy habits at an early age. In an effort to make this happen and to abide by the Springfield Board of Education and New Jersey School Policy on Wellness and Nutrition, parents and the school staff are to provide nutritious lunches and snacks for students. We also work with the teachers, PTA and class parents to do the same for class activities and celebrations throughout the year.

Each class has snack time scheduled in the morning. Please keep in mind that students have only a short time to have a snack, and it should generally be limited to one serving and easily opened by the student. Students are not to consume candy or soda in school. Due to the growing problem of food allergies, students and teachers are not allowed to share food, even when a child forgets to bring in snack. All food consumed by a child must be provided by their parents or our food services. Please refer to the list below for some suggestions on healthy snack choices. Be aware that some of our students have life threatening food allergies toward particular food products (i.e. peanuts). In this case, the classes impacted will be given written notice from the health office regarding this so that everyone remains healthy and safe.

The following is a list of suggested nutritious snacks:

Crackers (whole wheat, cheese, graham, goldfish)  
Animal crackers  
Cheese & crackers  
Unsweetened cereal  
Juice (pure fruit juice)  
Muffins (low-fat, whole wheat)  
Raisins  
Bagel (half or mini)

Yogurt  
Fruit (cut-up)  
Cheese sticks  
Pretzels  
Popcorn – unbuttered (age 4 or higher)  
Rice Cakes (mini)  
Vegetables (cut-up)

Please do not send your child with any snacks that are considered Foods of Minimal Nutritional Value, any forms of candy, and items listing sugar as their first ingredient. The New Jersey School Nutrition Policy and Board of Education Policy prohibit these items.

We do not recommend any of the following snacks, which are loaded with sugars and/or fats such as:

Candy  
Soda  
Brownies  
Cookies

Potato chips  
Cake  
Doughnuts  
Twinkies or any kind of snack cakes

### **Birthday Recognition:**

At Walton, each teacher recognizes that a student's birthday is a special event. The teacher may distribute a birthday pencil, sticker, bookmark, card, or birthday crown. Although we appreciate your thoughtfulness and generosity, parents are not to send in food and/or other items to be distributed at school for birthday celebrations.

Sincerely,

Michael C. Plias