

Wellness Plan



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Bishop O’Gorman Catholic Schools Wellness Plan

Purpose

In accordance with the *Healthy, Hunger-Free Kids Act of 2010 and the Alliance for a Healthier Generation Model Wellness Policy* updated in 2016, Bishop O’Gorman Catholic Schools developed and implemented the Wellness Plan. (Reference Bishop O’Gorman Wellness Policy STU:406)

Preamble

Bishop O’Gorman Catholic Schools is committed to the optimal development of every student. The System believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities - do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the System’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. **Specifically, this policy establishes goals and procedures to ensure that:**

- Students in the System have **access to healthy foods throughout the school day** - both through reimbursable school meals and other foods available throughout the school campus - in accordance with Federal and state nutrition standards;
- Students receive quality **health education** that helps them develop lifelong healthy eating behaviors;
- Students have **opportunities to be physically active**;
- Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the System in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The System establishes and maintains an infrastructure for **management, oversight, implementation, communication** about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the System. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The Bishop O’Gorman Catholic Schools Wellness Policy was developed through the efforts and work of a wellness committee. This group included a food service representative, administrators, classroom teachers, nurse, students, school board member, parents, medical professional, and local business representatives. The wellness policy is comprehensive in nature but by no means exhaustive in scope of the goals and expectations.

Leadership

The President or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

The designated official for oversight is Director of Instruction and Programs.

Table of membership:

Name	Title/Relationship to the School or System	Email Address
Christopher Uttecht	Director of Instruction & Programs	cuttecht@ogknights.org
Brian Wright	Food Service Director	bwright@ogknights.org
Mary T Grogan	Physical Education	mgrogan@ogknights.org
Kelly Jones	Counselor/Parent	kjones@ogknights.org
Jenni Struck	Admissions Coordinator/Parent	jstruck@ogknights.org
Lana White	Physical Education/Parent	lwhite@ogknights.org
Ryan Beier	Physical Education	rbeier@ogknights.org
Julie Kolbeck	Principal/Administrator	jkolbeck@ogknights.org
Emily Glatt	School Nurse	eglatt@ogknights.org
Denise Richards	Physical Education	drichards@ogknights.org

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Recordkeeping

The System will retain records to document compliance with the requirements of the wellness policy at the System's Central Office and on an electronic drive for three years past the current year.

Annual Notification of Plan

The System will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The System will make this information available via the system website and/or system-wide communications. The System will provide as much information as possible about the school nutrition environment. Annually, the System will also publicize the name and contact information of the System/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the System will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the System are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the System's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Director of Instruction and Programs.

Revisions and Updating the Policy

The local wellness committee will update or modify the wellness policy based on the results of the triennial assessments and/or as System priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

Community Involvement, Outreach, and Communications

The System is committed to being responsive to community input, which begins with awareness of the wellness policy. The System will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The System will use electronic mechanisms, such as email or displaying notices on the system's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Plan

The wellness plan formalizes the role that the Bishop O’Gorman Catholic Schools play in improving and sustaining the health and well-being of children. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. The Bishop O’Gorman Catholic Schools, along with our parents and the community, are working together to insure that coordinated efforts are sustained for optimal success.

The Bishop O’Gorman Catholic Schools Wellness Plan addresses four key components:

1. Nutrition
2. Physical activity
3. Mental Health
4. Other activities that promote student wellness

IV. Nutrition

School Meals

Our school system is committed to serving healthy meals to children, with plenty of fruit, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans-fat* per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the System participate in USDA child nutrition programs, including the National School Lunch Program (NSLP). All schools within the System are committed to offering school meals through the NSLP that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The System offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices, such as one or more of the following:
 - Whole fruit options.
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
- Menus are posted to inform students meal options.

Staff Qualification and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The System will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The System is committed to ensuring that all foods and beverages sold to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, and snack or food carts.

USDA Smart Snacks in School - “All Foods Sold in Schools” Standards

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. The new Smart Snacks in School nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging - whole grains, fruit and vegetables, leaner protein, low-fat dairy, while limiting foods with too much sugar, fat and salt.

Nutrition Guidelines

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). *

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entree items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entree items: ≤ 480 mg
- Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by the National School Lunch Program (NSLP)
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation);
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
 - Beverages with ≤ calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces

Fundraising

- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. See Appendix for a list of fundraising ideas.
- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events

- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The System will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing healthy food promotion techniques through the school meal programs
- Ensuring 100% of foods and beverages sold to students meet the USDA Smart Snacks in School nutrition standards.

Celebrations and Rewards

1. Classroom snacks brought by parents should align with Smart Snack nutrition guidelines. The System will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards (see appendix)
2. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. Suggestions for non-food rewards and incentives:
 - Choose a prize, such as pencils, erasers, stickers, books, raffle for a bigger prize, or earn tokens towards a prize.
 - Get moving by holding a special event such as a soccer game or kite flying party, provide extra time outside, turn on music and throw a dance party, or let children choose and lead an activity.
 - Shake up your routine by providing a few minutes of extra free time, allow children to select a special book during story time, let a child go first for every activity one day, or host a special dress day.
 - Show thanks by giving out a certificate or ribbon to celebrate an accomplishment, post recognition signs around the school or on a bulletin board, give a shout-out in the morning announcements, or call or send a letter home to a parent.

Food and Beverage Marketing in Schools

The System is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day* while minimizing commercial distractions. The System strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the System to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the System's wellness policy.

Any foods and beverages sold to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be sold or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, systems will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the System.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Nutrition Education

The System will teach, model, encourage, and support healthy eating.

- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link to school meal programs, cafeteria nutrition promotion activities, other school foods and nutrition-related community services.

V. Physical Activity

Children and adolescents should participate in 15 - 60 minutes of physical activity a day. A substantial percentage of student's physical activity can be provided through a school physical activity program. This reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the system is committed to providing these opportunities. School will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be used for or withheld as behavior punishment. Infrequent exceptions may be permitted on a case-by-case basis. The guideline does not include participation on sports teams that have specific academic requirements. After school, summer and enrichment programs will encourage periods of physical activity for all participants.

To the extent practicable, the System will ensure that its grounds and facilities are safe, and that equipment is available to student to be active. The System will conduct necessary inspections and repairs.

Physical Education

The System will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. All System **elementary students grade K-6** will receive physical education for at least 60 minutes per week throughout the school year. 50-60% of the time will be spent doing moderate to vigorous physical activity.

All junior high students are required to take $\frac{1}{2}$ unit per academic year. High school are required to take the equivalent of one academic semester of physical education.

The Physical Education Curriculum aligns with SD Physical Education Standards and be taught by highly qualified physical education teachers.

Recess (Elementary)

All elementary schools offer at least 15 - 35 minutes of recess on all days during the school year (this policy may be waived on early dismissals or late arrival days). If recess is offered before lunch, schools will have the appropriate hand-washing facilities and /or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are encouraged to use these mechanisms before eating.

Outdoor recess is offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is below zero air temp or wind-chill, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.

Classroom Physical Activity Breaks (Elementary and Secondary) - Optional

The System recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Schools recommend teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics - Optional

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities - Optional

The System offers opportunities for students to participate in physical activity either before and/or after the school day (or both) by offering physical activity in before and after school care, and interscholastic sports.

Active Transport

The System will support active transport to and from school, by encouraging behaviors such as walking or biking and engaging in the activities below.

- Encourage activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools

VI. Mental Health

Bishop O’Gorman Catholic Schools believes in promoting positive mental health and self-care for all students and staff. We are committed to providing support to students and staff through a variety of means outlined below.

Students

Staff Qualifications and Professional Development

All School Counselors will be certified with the state as a School Counselor having met the minimum requirements of licensure as defined by the state of South Dakota. All school counselors will adhere to the code of ethics as defined by the American School Counselor Association.

Large Group Setting

- All students will have access to a certified School Counselor in their building.
- In each elementary school students will have classroom guidance sessions twice a month for 40 minutes that are specifically designed to promote mental health.
- The junior high school offers an annual Courage retreat for all 7th grade students, and an annual spiritual retreat for all 8th grade students. Speakers invited for relevant topics as the need arises.

- The high school will utilize lunch forum speakers four times a year that will address topics of mental health, positive self-care and overall wellness. The high school also uses Awareness Day to address mental health topics.

Outside providers are brought on site when needed. The system maintains a partnership with Catholic Family Services and Lutheran Social Services.

Individual

All students in the school system have access to individual counseling by the school counselor as needed. All counseling sessions are confidential and will follow the Ethical Standards of the American School Counselor Association. Counseling taking place in the school setting is meant to be brief, not long-term therapy. Counselors work with families for community referrals when long-term services are needed.

Staff

- Staff are awarded one mental health day per year as outlined in the staff handbook.
- Staff also have the opportunity to participate in self-care opportunities that will be designed by the wellness committee.

VII. Other Activities that Promote Student Wellness

The System will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The system will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation.

Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The System will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the System will use electronic mechanisms (e.g., email or displaying notices on the system's website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Schools are encouraged to provide community access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities.

Staff Wellness and Health Promotion

The local wellness committee will focus on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the System will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take. The System promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management/mental health that are accessible and free or low cost.

School spaces and facilities will be available to students and staff before, during, and after the school day on weekends and school vacations. All faculty have access to the OGHS track and training room unless practices are being held.

Professional Learning

When feasible, the System will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help System staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing system reform or academic improvement plans/efforts.

Glossary

Extended School Day - the time during, before, and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals, and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial - recurring every three years.

Appendix A

Healthy Fundraising Ideas

There are many examples of creative fundraisers that support your school or afterschool program while also supporting a healthy environment for kids. Here are a few of our favorites:

Get Kids Moving

- Host a walk-, run-, bike-, dance-, skate-a-thon or a 5k color run
- Organize a Zumba, dance or yoga night
- Visit an ice-skating rink
- Hold a jump rope or hula hoop competition
- Create a team sports tournament for youth and their families
- Hold a field day at school and encourage youth and families to form teams and compete

Spark Creativity

- Host a talent show
- Hold a yard sale or auction where youth, staff and parents donate items ● Ask local businesses to donate:
 - A portion of sales of healthy menu items
 - Products or services to an auction
 - Event tickets to a raffle
- Sell school-branded promotional items such as t-shirts or water bottles
- Organize a student art or craft fair
- Hold a coin drive competition between classrooms

Support Healthy Eating

- Hold a “Taste of Your Town” event and invite local chefs to donate healthy dishes
- Sell cookbooks with healthy recipes donated from parents, students, and staff
- Host a healthy cooking class and ask a local chef to donate his/her time
- Sell healthy snacks and made by youth after school
- Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff
- Hold a youth healthy cooking competition and ask local grocery stores to donate food to keep costs down

Appendix B - Snack List

Hunger can have physical and psychological effects on students that can make learning difficult. Students in grades K-8 are provided a snack break.

- Please select **only from the items listed below in portion sizes** indicated and have them **ready for distribution**.
- Snacks will be distributed and eaten while instruction/learning is occurring.
- Please do not send beverages.

Bishop O’Gorman Catholic Schools Recommended Snack List (Portion Size Per Child)

Baby Carrots - 3-4 Pieces

Apple Slices - ½ Apple (Pre-Cut)

Banana - 1

Seedless Grapes - A Small Handful (Separated)

Graham Crackers - 1 Whole Cracker

Club or Ritz Crackers - 4 Crackers

Ritz Bits - 4 Crackers

Saltines - 2-4 Crackers

Animal Crackers - 1 oz (About 10)

Pretzels - 1 oz

Go-Gurts/Yogurts - 1 Serving

String Cheese - 1 Serving

Beef Sticks - 1 oz.

Beef Jerky - 1 oz.

Flavored Rice Cake - 1 Large or 4 Small (No Nuts)

Whole Grain Cereal - (e.g. Cheerios) ½ Cup

Pre-Popped Low-Fat Popcorn - 1 Cup

Goldfish Crackers - 1 oz

Homemade Low-Fat Granola (No Nuts) - ¼ Cup

Flavored Mini-Bagel (Without Cream Cheese) - 1

Fruit Snacks - 1

Dried Fruit/Raisins - ½ Cup

Sugar-Free Jello Cubes - ¼ Cup

Cut-Up Celery - Two 3 Inch Pieces

- Birthdays are very special, and we welcome your child to bring a special treat. If you choose to provide a birthday treat, we ask that it is not too elaborate and is ready to pass out (e.g. cut or bagged).
- Please make sure there are no peanuts or tree nuts in any food items sent for birthday treats or school snacks. There are many students with allergies (several which are life threatening).