

# PRAIRIE CENTRAL COMMUNITY UNIT SCHOOL DISTRICT NUMBER 8

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August 20, 2018

Dear Parents/Guardians,

At Prairie Central CUSD #8, we work hard to ensure that students' minds and bodies are ready for learning each day. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. By helping our students learn healthy habits at school, our hope is to promote the importance of a healthy lifestyle, which will positively impact them in all aspects of their lives.

To help carry out these goals, our school district has a new Wellness Policy, which can be found by visiting the following link: <http://www.prairiecentral.org/wp-content/files/District/LunchMenu/wellnesspolicy.pdf>

**Part of our Wellness Policy encourages a healthier approach to birthday and holiday celebrations during the school day. Please review the following options for celebrating birthdays and holidays, which will be enforced during the 2018-2019 school year:**

- Consider honoring your child's birthday or a holiday by sending nonfood items, such as stickers or pencils (see the longer list of ideas attached to this letter).

**OR**

- If you choose to send a food item for a birthday or holiday celebration, please ensure the item is on the Prairie Central approved snack list (attached).

**Please Note:** Students will no longer be permitted to bring items including: cookies, cupcakes, ice cream, chips, candy, soda, etc., for birthday or holiday celebrations. Exceptions may be made by individual building administrators to uphold 1-2 individual school traditions each year.

Thank you for joining us in our effort to provide healthier celebration opportunities for our students at Prairie Central. If you have any questions, please contact the building Principal of your child's school.

Sincerely,

Prairie Central Administration

**PRAIRIE CENTRAL  
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# PRAIRIE CENTRAL COMMUNITY UNIT SCHOOL DISTRICT NUMBER 8

Our goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food. The list below provides healthy suggestions for celebrations.

Prairie Central Approved Snack List – All treat items sent to school must be on this list.

- Fruit (fresh or canned)
- Vegetables (Carrots, celery, etc.)
- Applesauce
- Pretzels
- Yogurt or Yoplait Go-Gurt
- String cheese
- Raisins
- Popcorn
- Keebler Original Club Crackers
- Nabisco Wheat Thins (Original or Honey)
- Kraft Cheese Nips
- General Mills Kix Cereal
- Post Honey Comb Cereal
- Graham Crackers (Honey, Chocolate, or Cinnamon)
- Animal Crackers
- Teddy Grahams
- Cheez-It Crackers (Original, White Cheddar, or Cheddar Jack)
- Goldfish Crackers (Original, Cheddar, Colors, Pizza, Parmesan, or Pretzel)
- Nutri Grain Cereal Bars (Strawberry, Mixed Berry, or Cherry)
- Kellogg's Cereal and Milk Bars (Frosted Flakes or Fruit Loop Flavors ONLY)
- Kellogg's fruit and oatmeal bites (Strawberry or vanilla)
- Quaker Fruit and Oatmeal Bars (Strawberry, Very Berry, or Iced Strawberry)
- Great Value Fruit and Grain Bars (Strawberry, Mixed Berry, Apple Cinnamon, or Blueberry)
- Rice Krispie Treats (Store bought – no icing)
- Fruit Snacks
- Pudding
- Popsicles
- Fruit Rolls
- 100% Juice
- Water
- Sparkling water

We encourage parents to use the list above as a guide in providing healthy snacks. You may also choose to bring in non-food items to give to each child on your child's birthday or to celebrate a holiday. Here is a list of ideas:

- Glow-in-the-dark bracelets/necklaces
- Silly bands
- Slap bracelets
- Stickers
- Bubbles
- Plastic rings
- Small toys
- Erasers
- Decorative pencils
- Holiday-themed items
- Crayons and/or coloring books
- Pens

Here are a few other ways that you can celebrate your child's birthday at school:

- Donate a book to the classroom with your child's name inside.
- Have your child bring his/her favorite book to share with the class.
- Donate a ball or jump rope to the classroom for recess. A board game is another idea for indoor recess.
- Choose a favorite song or musical piece to sing or play for the class.

Please keep in mind:

- Snacks should be kid-size. There is no need for large portions of snack items.
- Drinks should be served in small portions, a cup or less each. Water is the healthiest choice