



Dear Parents,

With child obesity and serious health problems including type 2 diabetes, hypertension, food allergies and asthma on the rise among kids (including many in our own school community), there's never been a more important time to prioritize good nutrition and physical activity.

Children benefit physically, mentally, socially and academically by eating right and getting regular exercise. Healthy kids perform better on tests, are more focused in class, behave better, are absent less, and have higher self-esteem.

That's why I've signed up to participate in our school district's Healthy Classrooms Initiative.

Our Healthy Classroom will promote healthy eating and physical activity, focus on fun over food, and support healthy lifelong habits, as follows:

- Most classroom celebrations (including birthdays) will be food-free
- Healthy snacks and beverages will be encouraged at all times
- Children will be educated about the importance of healthy eating and regular physical activity
- Only healthy, non-food rewards and incentives will be offered
- Kids will be given frequent regular times to move their bodies

We know that birthdays are important to every child and that kids like to celebrate with their classmates. However, celebrating each student's special day with a food treat can result in a lot of empty calories and exclude those with food allergies, diabetes or other dietary restrictions. If you are interested in hosting a food-free birthday celebration for your child, see the attached contract for ideas.

By keeping it healthy in the classroom, we can help offset the overload of added sugar, sodium and unhealthy fats that many kids are consuming every day. Lifestyle habits established in childhood often carry into adulthood, so teaching children how to eat healthy and be physically active at a young age will help them stay healthy throughout their life.

I thank you in advance for supporting our Healthy Classroom!

Sincerely,

