



OREGON SCHOOL DISTRICT

Healthy Active Kids Are Better Learners Update Regarding K- 4 Healthy Celebrations for 2019-20

Dear Parent/Guardian:

All schools in the Oregon School District are making changes to support healthy eating habits for staff and for students, and to recognize that more and more children have food allergies. Simple steps can help children continue making healthier choices as they grow into adults. Our goal is to move away from a focus on food to one where celebrations focus on *“Celebrating our Classroom Families”* and/or *“Celebrating Your Child”* on their special day. We are asking that all parents/guardians who choose to celebrate birthdays at school join with us to celebrate the event in healthy ways. Celebrating your child’s birthday at school is always optional.

Healthy Celebration Ideas for Birthdays and/or Classroom Celebrations

- **Bring in an item** that all the **students can sign** - shirt/sweatshirt, tote bag, stuffed animal, pillowcase, etc.
- **Come to lunch** with your child
- Students may request to be the **teacher helper** for the day, choose an active classroom break, choose a game for the class to play, choose to learn outside or extra recess for the class.
- **Donate a book** to the class library in your child’s name.
- **Donate to an organization** of the child’s choice in the classroom’s name.
- **Donate a plant, seeds or bulbs** for the school garden. Pick your child’s favorite vegetable to plant!
- **Decorate a birthday box** and send it into the classroom. Include index cards or small pieces of paper. Have the teacher ask each child to write something positive about the birthday child and put it into the box (or you could use an autograph book.) The box will go home with your child.
- Bring in a **healthy treat** for the class or purchase healthy treats from our food service department.
- Choose an item from our school **Birthday Cart** - Your child can choose from a variety of items such as recess equipment or supplies for their classroom. (Cash DONATIONS to offset costs appreciated!)

* **Note: Homemade or store purchased cupcakes, brownies, cookies etc. brought into classrooms for birthdays or special events will be individually bagged and sent home with the students in the child’s classroom.**

(over →)

<p align="center">Healthy Celebration Ideas Available for purchase from OSD Catering Healthy Celebrations Order Form (Please order 7 days in advance) Questions setomasiewicz@oregonsd.net</p>	<p align="center">Price per person</p>	<p align="center">Price for class</p>
<p>Fresh Fruit</p> <ul style="list-style-type: none"> • Kabobs - alternating melon cubes and grapes • Plate - choice of grapes, strawberries, pineapple, apples, and/or oranges • Salad - melons, grapes, fresh berries in season 	<p align="center">\$ 1.50</p>	<p align="center">\$ 33.00- \$37.50</p>
<p>Cheese (add onto kabobs, plate, or salad)</p>	<p align="center">\$ 0.50</p>	<p align="center">\$ 11.00- \$12.50</p>
<p>Fruit Smoothie (4 oz - vanilla yogurt, fresh fruits choice of strawberry, blueberry, banana, apple)</p>	<p align="center">\$ 1.50</p>	<p align="center">\$ 33.00- \$37.50</p>
<p>Veggies (veggie tray choice of carrots, cucumbers, cherry tomatoes, cauliflower, broccoli)</p>	<p align="center">\$ 1.50</p>	<p align="center">\$ 33.00- \$37.50</p>
<p>Hummus (add onto veggies or cracker tray)(made from scratch)</p>	<p align="center">\$ 0.75</p>	<p align="center">\$ 16.50- \$18.75</p>
<p>Cheese and Cracker Tray (variety of sliced cheese and whole grain crackers)</p>	<p align="center">\$ 1.25</p>	<p align="center">\$ 27.50- \$31.25</p>
<p>Yogurt Parfaits (vanilla yogurt, strawberries and blueberries, granola, together in a cup)</p>	<p align="center">\$ 1.25</p>	<p align="center">\$ 27.50- \$31.25</p>
<p>Mini Muffin (choice of banana, blueberry, carrot) (made from scratch)</p>	<p align="center">\$ 0.75</p>	<p align="center">\$16.50- \$18.75</p>
<p>Whole Grain Goldfish or Cheez-It Crackers (0.75 oz)</p>	<p align="center">\$ 0.35</p>	<p align="center">\$ 7.70- \$8.75</p>
<p>Whole Grain Scooby Graham Crackers (1 oz)</p>	<p align="center">\$ 0.40</p>	<p align="center">\$ 8.80- \$10.00</p>
<p>Craisins or Raisins (1 oz)</p>	<p align="center">\$ 0.35</p>	<p align="center">\$ 7.70- \$8.75</p>
<p>String Cheese (1 oz)</p>	<p align="center">\$ 0.25</p>	<p align="center">\$ 5.50- \$6.25</p>
<p>Beef Sticks OR Trail Mix (3/4c) (Chex cereal, Kix cereal goldfish, pretzels)</p>	<p align="center">\$0.75</p>	<p align="center">\$ 16.50- \$18.75</p>
<p>Soft Pretzel with Cheese Sauce</p>	<p align="center">\$ 1.00</p>	<p align="center">\$ 22.00- \$25.00</p>
<p>Frozen Fruit Juice Cup Blue Raspberry Lemonade (100% Fruit Juice)</p>	<p align="center">\$ 0.75</p>	<p align="center">\$ 16.50- \$18.75</p>

Please let us know if you have any questions or concerns about our goal of helping students establish lifelong habits of healthy eating and regular physical activity. We appreciate your support as we all work together to model healthy choices and regular physical activity with a goal of lifelong wellness for all of our students.

Healthy Active Children Make Better Learners! 😊

Sincerely,

Kerri Modjeski, Principal
Brooklyn Elementary

Dawn Goltz, Principal
Prairie View Elementary

Chris Kluck, Principal
Netherwood Knoll Elementary

Becky McCabe/Raven Foulker
School Nurses

Amy Miller/Sarah Tomaszewicz
Wellness Committee Co-Chairs

Jackie Amlong
4K Principal