



## OREGON SCHOOL DISTRICT

### Healthy Active Kids Are Better Learners Update Regarding Healthy Celebrations for Fall 2017!

All schools in the Oregon School District are making changes to support healthy eating habits for staff and for students. 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. Beginning next fall, we are asking all parents/guardians to join with us to celebrate events in healthy ways.

#### Healthy Celebration Ideas for Birthdays and/or Classroom Celebrations

- **Donate a book** to the class library in your child's name
- **Donate to an organization** of the child's choice from the classroom
- **Bring in an item** that all the **students can sign** - shirt/sweatshirt, tote bag, stuffed animal, pillowcase, etc.
- **Bring in blank cards** that each of the classmates can sign that will be given to kids at Children's Hospital, adults in a nursing home or ?
- **Come to lunch** with your child
- **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 at the end of the day.
- Students may also 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.
- Bring in a **healthy treat** for the class or purchase healthy treats from our food service department.
- Purchase 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. (To offset costs, children are asked to bring a small donation for the item) (DONATIONS to offset costs WELCOME!)

*\* Note: In the 2017-18 school year, 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.*

<b>Healthy Celebration Ideas</b> Available for purchase from OSD Catering oregonsd.org Click on Food Service (Please order 7 days in advance) Questions rsw@oregonsd.net	<b>Price per person</b>	<b>Price for class of 22</b>
<b>Fresh Fruit</b> <ul style="list-style-type: none"> <li>• Kabobs - alternating melon cubes and grapes</li> <li>• Plate - choice of grapes, strawberries, pineapple, apples, and/or oranges</li> <li>• Salad - melons, grapes, fresh berries in season</li> </ul>	\$ 1.50	\$ 33.00
<b>Cheese</b> (add onto kabobs, plate, or salad)	\$ 0.50	\$ 11.00
<b>Fruit Smoothie</b> (4 oz - vanilla yogurt, fresh fruits choice of strawberry, blueberry, banana, apple)	\$ 1.50	\$ 33.00
<b>Veggies</b> (veggie tray choice of carrots, cucumbers, cherry tomatoes, cauliflower, broccoli)	\$ 1.50	\$ 33.00
<b>Hummus</b> (add onto veggies or cheese and cracker tray)(made from scratch)	\$ 0.75	\$ 16.50
<b>Cheese and Cracker Tray</b> (variety of sliced cheese and whole grain crackers)	\$ 1.25	\$ 27.50
<b>Yogurt Parfaits</b> (vanilla yogurt, strawberries and blueberries, granola, together in a cup)	\$ 1.25	\$ 27.50
<b>Mini Muffin</b> (choice of banana, blueberry, carrot) (made from scratch)	\$1.00	\$16.50
<b>Whole Grain Goldfish or Cheez-It Crackers</b> (0.75 oz)	\$ 0.35	\$ 7.70
<b>Whole Grain Scooby Graham Crackers</b> (1 oz)	\$ 0.40	\$ 8.80
<b>Craisins or Raisins</b> (1 oz)	\$ 0.35	\$ 7.70
<b>String Cheese</b> (1 oz)	\$ 0.25	\$ 5.50
<b>Trail Mix</b> (3/4c) (Chex cereal, Kix cereal goldfish, pretzels)	\$0.75	\$ 16.50
<b>Soft Pretzel with Cheese Sauce</b>	\$ 1.50	\$ 22.00
<b>Frozen Fruit Juice Cup Blue Raspberry Lemonade</b>	\$ 0.75	\$ 16.50

Please let us know if you have any questions or concerns regarding the 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 School  
 Chris Kluck, Principal, Netherwood Knoll Elementary School  
 Dawn Goltz, Principal, Prairie View Elementary School  
 Becky McCabe/Missy Sampson, School Nurses  
 Amy Miller/Robyn Wood, Co-Chairs, OSD Wellness Committee