

Conger Elementary School

Julie Bainbridge, Principal

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Dear Conger Families,

Our school is proud to be an Approved Blue Zone School! We strive every day to make our school a healthy and happy place to learn. Creating a healthy school for our students is important because we know that healthy students are better learners. One of our goals is to have healthy celebration traditions at school, and we are asking for your help.

We want to send a consistent message about good nutrition and healthy eating, so it is important that our celebrations reflect the healthy changes being made throughout our school. Between holidays and birthday celebrations, the number of high fat, sugary foods and beverages a student consumes during the school year can add up quickly. With a few easy changes our school community can help shift the focus of school celebrations from food to healthy fun.

All classrooms will celebrate birthdays on one designated day for each month. Classroom teachers will notify you of the day he/she has selected. Parents who would like to contribute snacks from our **Healthy Celebrations Snack/Prizes List** would be greatly appreciated.

Healthy Celebrations Snack List

- Fresh fruit
- Snack cake without icing
- Lowfat yogurt with fruit
- Custom trail mix (raisins, cereals, pretzels)
- Whole grain crackers with cheese
- Fresh cut veggies with ranch dressing
- 100% Fruit Juice
- Bubbles
- Pencils
- Stickers

As an additional reminder, we have fresh water fill stations throughout the school and allow all students to have a reusable water bottle in order to encourage proper hydration. Please contact me with any questions. Thank you for helping us create a healthier place for your child to learn!

Sincerely,

Julie Bainbridge, Conger Principal



The Journey Begins Here