

From the Principal
Student Wellness

Welcome back to school! Children and teachers are getting settled with new fall routines. One of the key changes this year is the implementation of the district wellness policy and the school guidelines that complement this policy. At Back to School Night last week, your child's teacher reviewed the Encinal School Wellness Guidelines. These guidelines outlined our school's support of Board Policy 5030, which is available on our district website under Board Policies. In the spirit of supporting student health and recognizing the link between good health and learning, the school guidelines were developed last spring by the Encinal staff. Guidelines include:

- Limiting class parties to four per year
- Limiting sweet treats at classroom parties (one treat per celebration)
- Prohibiting the use of candy or other sweets as a reward for students
- Selling food (other than hot lunch) at least thirty minutes after the school day with an emphasis on healthy choices
- Honoring birthdays with non-food items and/or traditions

Birthdays are an important part of childhood and we want to make sure your child feels special on his/her birthday. Each classroom is establishing its own birthday routine. If you are unclear on the plans for celebrating birthdays in your child's classroom, please contact the teacher.

Another way you can help support wellness and maximize your child's learning is to pack healthy snacks and lunches. Together, we can support good health and maximize learning! Thank you for your help.