

# snacks

Students in my classroom are allowed to bring and eat snacks during morning break, as long as the snacks are healthy and not too messy. I believe that people are not able to think well if they are worried about being hungry, therefore, I allow students to eat healthy snacks in the classroom. Examples of healthy snacks include: granola bars, **nut-free** trail mix, fruit snacks, bananas, apples, *pre-peeled* oranges in containers, healthy dry cereal in a zipped-bag or container, and crackers in a sealed container. If an item is sugar coated, it is **not** allowed. If the student needs a spoon or other utensil to eat it, it is **not** allowed. **No cookies, candy or chips** allowed as a daily snack. Thank you for using your best judgment to help keep our students healthy!

Also, students are allowed to have a water bottle in my classroom. The water bottle **MUST** have a lid that **does not leak**. Students will need to take the water bottles home each weekend to be washed or they will not be able to use them again the following week until they have been washed. (No colored water allowed.)

PS—Our class does not eat lunch until 12:30 p.m., so most of the students will get quite hungry by mid-morning.

If you have any questions, please feel free to contact me.

Sincerely,

Mrs. Johnson, Second Grade Teacher

696-4630

Billijo.Johnson@k12.sd.us