

# HORTON ELEMENTARY SCHOOL WELLNESS POLICY



Our school is committed to promoting and protecting students' health, well being, and ability to learn by encouraging lifelong habits of healthy eating and physical activity.

The Horton Elementary School Healthy Snack and Celebration Policy follows the guidelines of the San Diego Unified School District Wellness Policy which complies with the Federal Child Nutrition and WIC Reauthorization Act of 2004.



## CLASSROOM CELEBRATION POLICY

- We ask that parents make an appointment with the child's teacher before any individual celebrations to schedule the date, time and treat for the celebration.
- Teachers will plan classroom celebrations to include healthy foods.
- Non-food options are encouraged. Examples: books, music, goodie bags, pencils, stickers. If food is used in the celebration, we require healthy food.

## HEALTHY FOOD & BEVERAGE POLICY

**YES!** We require healthy snacks: Fruit, vegetables, yogurt, string cheese, trail mix, applesauce and water.

**NO!** These items are NOT allowed: Cakes, cupcakes, candy, cookies, chips, Lunchables, soft drinks or Gatorade.



*Thank you for planning ahead and following these guidelines when packing a snack or contributing to a classroom party or school function.*