

Dear Families:

The federal and state governments have issued a mandate, that provides us all with a great opportunity to establish standards for diet and health in our public schools. As a school district we have written a “Wellness Policy” (Policy JLDA – found on our district website). This new policy has helped us address the quality of meals served at school, regularity of physical education, and instruction connected to diet and health.

You will see below three reasons why it is so important for us as a school to embrace healthy eating habits, moderate exercise and nutrition education.

- Emerging research documents the connections between physical activity, good nutrition, physical education and nutrition programs with academic performance.
- Since 1980, the percentage of children who are overweight has more than doubled, while rates among adolescents have more than tripled.
- In recent years, several weight-related conditions that were observed primarily among adults have been increasingly diagnosed in young people.

Here are three basic principles on which we can all agree:

- Healthy, well-nourished children are better able to learn.
- Eating habits developed in childhood will affect health throughout life.
- Nutrition education is integral to a healthy education.

In that spirit, Plummer-Motz continues to look at new and creative ways to celebrate birthdays, holidays and other traditions within the classroom. In the past we have sent confusing and mixed messages about living healthy by allowing high sugared and high fat treats.

Listed below are a few ideas to celebrate your child’s special day:

- Give out pencils/stickers
- Bring in a baby/family picture and share their favorite birthday memory
- Donate a book to the classroom/library
- Bring in an autograph book and ask classmates to write a note and sign their name.
- Wear a crown, tiara, birthday button or ribbon
- Read a favorite poem or book
- Bring in a favorite CD to play

***Celebrate with your own creative twist!

Below are some excellent family friendly websites about nutrition and physical activity.

- http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/index.htm[caprojectle an.org/eattowin/recipes/genEatRecipeIndex.asp](http://www.eattowin.org/recipes/genEatRecipeIndex.asp)
- <http://www.opi.state.mt.us/health/fit.html>

Thank you in advance for helping our school community continue on the road to better health!

Best Regards,
Karen Boffa
Principal