

Dear East Olympia Elementary Community:

The Tumwater School District adopted a new “Wellness, Physical Activity and Nutrition” policy in October of 2013. The purpose of this policy is to promote healthy habits and good nutrition. The procedures for this policy state that “snacks served during the school day or enrichment programs should make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.” The procedures go on to say that “special events in classrooms and assemblies may deviate from the nutrition guidelines as long as they are infrequent and approved by the Principal.” A full text of both policy and procedure can be found on the Tumwater School District website.

Although the new policy focuses on nutrition the number of students with food allergies attending East Olympia has risen. This year 25% of our population has food allergies, some being life threatening. Due to shared desks, computer equipment, supplies and materials, as well as the ease with which food residue is transferred from one student to another, we would like to keep our classrooms as safe as possible.

Please review the following general guidelines and discuss them with your child:

- No sharing of food in the lunchroom
- No sharing food at snack time
- Wash hands before eating
- Encourage hand washing after eating

If your child is in a class that has community snack please pick from the following items:

- |              |                    |                      |
|--------------|--------------------|----------------------|
| • Fruit      | rice cakes         | raisins/ dried fruit |
| • Vegetables | popcorn            | yogurt               |
| • Cheese     | fruit snacks/ropes | Pirate Booty         |
| • Pretzels   | beef jerky         | summer sausage       |
| • Crackers   | graham crackers    | Cereal (Cheerios)    |

Teachers are being encouraged to come up with alternative food free rewards and celebrations. This includes birthdays. The school is looking to plan some celebrations during the year that support our PBIS program. All food items not on this list must be store bought, store prepared and cleared in advance by the teacher.

Our goal is to make school a safe place for all students. We appreciate your cooperation and understanding. If you have any questions or concerns feel free to contact our school office. Please see the reverse side for a list of exception dates that have been approved.

We wish you a happy and healthy school year.

Patty Kilmer, East Olympia Principal

Bob Gibson, Tumwater School District Food Service

Stephanie Roberts, School Nurse

## EXCEPTION DATES TO THE FOOD POLICY

*Foods other than those recommended in the District Food Policy may be served on the following dates. Please communicate with your child's teacher for further details.*

*We request that students keep the food in their classroom or the designated area where it is being served.*

DATE
October Halloween or the school day closest to October 31st
December The last day before Winter Break
February Valentine's Day or the school day closest to February 14th
May The day of the P.T.O. Fun Run
June The day of 5 <sup>th</sup> grade Promotion The last full day of school