

day. This card can be replaced each day. If a student pulls the card after the P.M. snack, they will lose it for the next day. I believe students need a new chance each day.

## Snacks

The A.M. snack will be sent out on a snack calendar and each student will bring the snack box home the night before. This also needs to follow the snack policy guidelines.

The P.M. snack sometimes will coordinate with the theme we are studying at the time. I will send out a note every two weeks to let you know what you need to bring to school. Also birthday snacks will be in the afternoon.

## Snack Policy

In order to promote health and healthy eating in our children, we have implemented a policy in our daily snacks. We are going to teach the children the difference between what we will call "anytime snacks" and "sometime snacks".

Anytime snacks are healthy and good for us to eat daily. Sometime snacks are those snacks that we should enjoy only sometimes, such as once a week or on special occasions. I will appreciate it if you would follow the guidelines that are being set for our snack time. The children are asked to bring anytime snacks Monday-Thursday. On Friday, they may bring a sometime snack, but only if they wish to do so. Sometime snacks will also be permitted on special days such as birthdays and holidays. Below I have enclosed a list of anytime snacks and Sometime snacks. This list is only a suggestion.