



BELLEVILLE PUBLIC SCHOOLS

Elementary School Five

149 Adelaide Street

BELLEVILLE, NEW JERSEY 07109

Web Site: www.bellevilleschools.org

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September, 2017

TO: All Parents/Guardians

In order to promote healthful behavior with your children in our school, we believe that it is important for our children to only have access to healthy foods.

We will continue to recommend that our students have healthy snacks.

Snacks to avoid are:

- Foods of minimal nutritional value, as defined by the United States Department of Agriculture
- All foods and beverage items listing sugar in any form as the first ingredient

Here are some suggestions on how you can celebrate your child's birthday at School #5:

- ❖ You may donate a book to your child's classroom library. If you choose to do so, the teacher will read the book to the class on the day of your child's birthday.
- ❖ You may send in a "goody bag", which the birthday child can distribute to the class. **Please make sure the "goody bags" are filled with non-food items: for example-pencils, erasers, stickers, small note pads, stampers/pads, small fun objects; such as plastic yo-yo's etc.**
- ❖ Send in healthy snacks for the children to enjoy. (No more than 6 grams of fat, 300 or fewer calories, one or more grams of fiber, 10% of Calcium, Iron, Vitamin A or D)
- ❖ Here are some recommendations:
 - **100 calorie packs (cookies/crackers)**
 - **Yogurt (low fat)**
 - **Bagels and low fat cream cheese**
 - **Fig cookies**
 - **Animal crackers**
 - **Baked chips**
 - **Low fat popcorn**
 - **Soft pretzels**
 - **Pudding (low fat) or Jell-O**
 - **String cheese**
 - **Cereal bar**
 - **Single-serve low fat or fat free milk (regular or flavored)**
 - **100% fruit juice (small single-serves)**
 - **Bottled water (including flavored water)**

If you have any questions or concerns regarding our Health and Wellness Nutrition School Policy, please feel free to contact your child's teacher, or call the office, prior to sending in birthday, food items.

Your cooperation in this matter, is greatly appreciated.

Thank You,

Nanette L. Rotonda
Principal