

ENTHEOS ACADEMY

EXCELLENCE • SERVICE • LEADERSHIP

Dear Parents/Guardians,

At Entheos Academy we work hard to ensure that students' minds and bodies are ready for learning each day. In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives.

Parents/Guardians should:

- Honor their child's birthday by sending non-food treats such as stickers or pencils.
- Ensure all food sent to school for birthday celebrations promote healthy food choices (see the list of healthy snack ideas attached to this letter).
- Ask your child's teacher what non-food or healthy rewards/incentives they are utilizing in the classroom.
- Become involved in planning school holiday parties that include games, crafts and healthy foods and beverages.

To encourage your participation in this plan, attached to this letter you will find suggested food and beverages. These items are consistent with the intent of the district's Local School Wellness Policy and will promote healthful eating among our students.

As educators, caregivers and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

If you have any questions, please contact the school. We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Sincerely,

Raegan Nielsen
Food Service Director
Entheos Academy