

Leila G. Davis Elementary

2630 Landmark Drive
Clearwater, FL 33761
(727) 725-7972

May 2021

Principal: William Durst
Assistant Principal:
Kathryn Gualtieri

Principal's Page

A Message from Mr. Durst

As we draw closer to the end of a school year like no other, I am humbled at how our community has pulled together to give our students the best possible learning conditions in the middle of a pandemic. Despite the many barriers this year, our students continue to show tremendous academic and social/emotional growth. However, our work is not complete. In grades 3-5 we continue with the bulk of state testing on the Florida Standards Assessment (FSA) in the month of May. These assessments are designed to inform our instruction and the strategic direction of the school. The results also are used to determine student course placement in middle school. For parents of third, fourth, and fifth graders, please encourage your student to finish the year strong and give their best effort to show what they know! I highly encourage a good night's sleep the evening before and a balanced breakfast. Ultimately, we want all students set up for success!

On behalf of the staff members of Leila G. Davis Elementary School, I would like to thank our scholars, parents, and families for an amazing year of learning. As we begin to prepare for summer vacation, my hope is that you recognize the growth and maturity your student has achieved over the course of this school year. We feel fortunate and privileged to have been a part of this development and are extremely proud of the work our students have accomplished this year. As educators, our hope is that the lessons that are taught daily are the ones that resonate throughout their lives to become better scholars, learners, and great citizens as they grow.

Important May

Dates:

- 5/4 -5th Gr. FSA ELA
- 5/5- 5th Gr. FSA ELA
- 5/6- Frenchy's To Go Spirit Night 11am-9PM
- 5/7-School Lunch Super Hero Day
- 5/11-4th Gr. FSA ELA
- 5/12-4th Gr. FSA ELA
- 5/13-3rd Gr. FSA Math
- 5/14- 3rd Gr. FSA Math
- 5/18- 5th Gr. FSA Math
- 5/19- 5th Gr. FSA Math
- 5/20 -Pizza Hut Spirit Night 10am-10pm
- 5/20- 4th Gr. FSA Math
- 5/21- 4th Gr. FSA Math
- 5/25- 5th Gr. FSA Science
- 5/26- 5th Gr. FSA Science
- 5/31- No School
- *6/9-Last Day of School. Early Dismissal at 12:45PM

Area 1 Associate Superintendent:
Dr. Christine Gonzalez
(727) 588-5023



CONNECT WITH US

- Stay up to date by viewing our school website <http://pcsb.org/davis-es>
- Like us on Facebook at <https://www.facebook.com/LeilaGDavisES/>
- Follow us on Twitter at https://twitter.com/LeilaGDavis_ES
- Join us on Remind to receive text messages. Text @leilad to 81010
- Sign up for Peachjar e-flyers at <https://www.peachjar.com>

...A Message from Mr. Durst Continued

I would like to thank all of our teachers and staff members for their dedication to our students, helping them, and teaching them this school year. For our 5th graders, we wish them well as they move on to 6th grade. We know you are well prepared for middle school. We hope you come back and visit sometime! Please have a wonderful summer and we will see you in August!

Last Day of School



The last day of school is on Thursday, June 9th. This is an early dismissal day and students will be dismissed at 12:45 pm. Please make note of this change in dismissal time.

PTA Thank you!



Davis Elementary would like to thank our outstanding PTA for another great year and the continued support for our students, families, and staff. We appreciate your hard work and are thankful for your creative events this year to keep our families engaged! We look forward to a gradual return next year to the many family activities our PTA sponsors throughout. If you are interested in becoming more involved to help continue the wonderful work of our PTA, please contact me, or our PTA President, Laura Spaulding at leiladavispta@gmail.com.

END OF YEAR REMINDERS

- Please pay off any negative cafeteria balances. See Mrs. O'Donnell if you have any questions.
- Please return all classroom textbooks to Davis Elementary – Parents/Guardians will need to pay for any damaged or lost textbooks. Contact Mrs. Gualtieri if you need to pay for a damaged or lost textbook.
- Please return all library books to the Media Center.

MEDICATION PICK UP



The school year ends on June 9th. All medications should be picked up by noon on June 9th. Pinellas County School policy does not allow us to send medication home with students or store it over the summer. Please arrange to come to school to pick up any unused medication, including inhalers

and Epi-Pens. **Any unclaimed medications will be disposed of on June 9th at 12:00 p.m. without exception.** Thank you for your cooperation.

2021-22 STUDENT CALENDAR



The first day of the 2021-2022 school year will be Thursday, August 12. We will have a Meet n' Greet for parents and students a couple of days before school starts. This will give parents and students the opportunity to see their new classroom and bring in any requested school supplies before the first day of school. Details and information will be posted on Facebook, Twitter, and our school website during the summer months.

CLASS LISTS FOR 2021-2022



Class lists will be posted on our lobby windows Friday, August 6th @ 3:30pm. Further communication via social media, our website, school marquee, and school messenger will be sent out this summer regarding the day lists will be posted. Please keep in mind we do not accept requests for teachers and changes in class placement will only happen if needed to meet class size mandates.

ADDRESS CHANGE



Moving or planning to move? According to the Code of Student Conduct, if you move during the school year or in the summer months, parents are required to give the school their new address within five days of their move. If the school discovers that you have moved and you have not informed the school, your child could be considered to be found "out of that school's attendance area." This could mean an

immediate change of school for your child. Follow these easy steps to update your address and keep the district informed. Please be sure to provide updated phone numbers to us as well. These are extremely important in case of a child's illness or other emergency.

Steps to change your child's address:

Go to <https://reservation.pcsb.org/> and login with your user ID and password
Click on change of Residence Address link and follow the steps
Proof of Residence

Requires **two** of the following items: utility bill for power, water, cable, sewer, or land-based telephone (not cellular); rental agreement or lease; closing document; Pinellas County tax statement including homestead exemption. These items must be recent and include the name of the parent/guardian and the service/home address.



We are super excited that we are able to have Level 2 volunteers on campus to help with our Florida Standards Assessment (FSA Testing). We would be beyond grateful if our Level 2 volunteers would sign up to help us proctor for our Florida Standards Assessment. Please click this link to sign up:

[Level 2 Volunteers: 2021 FSA Testing Proctors \(signupgenius.com\)](http://signupgenius.com)

Teacher Spotlight



Hello everyone, I am Mrs. Baldauf, the Art teacher at Davis Elementary! This is my 16th year teaching in Pinellas County, and I have been lucky enough to have

spent the last six of those years here, as part of the Bear Cub family.

I get all kinds of expressions from people when I tell them I am an Art teacher! The truth is...it *is* actually a very fun position to have! We get to move around, listen to music, have free thoughts, work independently and in groups, talk about our day, all while creating art. I like to think of my room as a safe haven for the kids to come and just take a deep breath from the rest of their day. Don't get me wrong, we work hard and have strict rules, but I have somehow managed the perfect balance that I call, "controlled creative chaos!"

When I am not at work, I am with my husband, three-year-old son and our 14 year old Yorkie! We enjoy taking our boat out, sitting at the beach or pool and enjoying the Florida sun. This year I am job sharing, which means I only work part time. I split the week with our newest Art teacher, Mrs. Cassman, who also has a little one at home. Having the opportunity to job share has been amazing and will continue into next year. I am very lucky to have this time with my little guy and am cherishing every moment of it!



Time for Exams

We wrap up FSA testing in May with the remaining Reading, Math, and 5th grade Science. Please mark the dates your child is testing. A good night's sleep and calm morning are always helpful for a productive assessment day.

- 3rd Grade FSA Math (2 days) May 13th-14th
- 4th Grade FSA ELA (2 days) May 11th-12th
- 4th Grade FSA Math (2 days) May 20th-21st
- 5th Grade FSA ELA (2 days) May 4th-5th
- 5th Grade FSA Math (2 days) May 18th-19th
- 5th Grade SSA Science (2 days)May 25th-26th



Volunteers – Thank You!

We are very grateful for our volunteers and all the hard work you put in to help our students and staff. A special thank you to our PTA parents, SAC members, and room parents who have helped during this unique year to make things extra special. We are forever grateful for have an amazing community of volunteers that continuously step up to the challenge of making Leila Davis the best elementary school!

Level II Fingerprints



Have you gone for your fingerprints for your Level II volunteer status, but have not gotten your Level II badge? If so, contact Mrs. Reed at reeddom@pcsb.org so you can get your paperwork for your badge.

How do I become a volunteer? Log on to www.pcsb.org/volunteerregistration and fill out the online application. Put a current email on your application and you will receive a notice that you have been approved and it will include your username and password for your volunteer profile.



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I ♥ PE

Super Sport Award
 Congratulations to the following students. They display the ROAR qualities at PE every day!!
 Respect, On Task, Aim High, Responsibility.
 Let's give them a BIG cheer! 📣📣

MAY SUPER SPORTS

Pre-K	Milan Kukrika
KDG	Kayden Ellis
1st Grade	Charlotte Weldon
2nd Grade	Kaia Quintero
3rd Grade	Joseph Gough
4th Grade	Taylor Allcott
5th Grade	Kane Diamond

Physical Education Department
 Coach Daily
 Coach White
 Coach Stoll
 Coach Martinez

Thank you to the Royce Family for their very kind donation to the PE department all year!!

Move More, Eat Healthy

Reminder: Students please bring your water bottle to PE!!!!

All Family Members Welcomed

ALL PRO DAD
 Online Virtual Meeting

SAT. MAY 15TH
9:00AM

TOPIC: TRUSTWORTHINESS

WHAT TO EXPECT

- 1 Online Breakfast | Bring Your Own Breakfast to enjoy
- 2 Pride Exercise | Tell your child why you are proud of them
- 3 Character Building Topic | Based on our monthly theme
- 4 Team Up Online | With other dads and kids
- 5 Discussion Time | Both group and family discussions
- 6 Pro Tips | Downloadable activity sheets to be posted
- 7 Game Time | Partake in an online game with the group

For more information email allprodad@leiladavis.org

ALL PRO DAD

GOOGLE MEET LINK:
meet.google.com/cyj-pqgc-xde

SCAN TO JOIN

COACH TONY DUNCY
 All Pro Dad Co-Facilitator



Time-Saving Physical Activities for Busy Families

If you want to be physically active with your family but feel like you are short on time, you've come to the right place. Fitting in short bouts of movement throughout the day can go hand-in-hand with regular routines. Try the following time-saving strategies for getting the whole family active while accomplishing routine tasks.

Get More From Your Chores



- Every time you need to pick something off the floor (e.g., toys), do a full body squat
- While doing laundry, consider taking multiple trips to/from the dryer
- When walking the dog, bring the whole family along and make it a daily routine
- While brushing your teeth, do a wall-sit (squat with back against the wall)
- Vacuuming, mopping, and doing yard work are already active, but you can get even more from these tasks by listening to music and having fun while you work!

Energize Your Errands



- When checking the mail, take an extra lap around your neighborhood
- While waiting for service or for an appointment, stand instead of sit
- Park further from the entrance of your destination so you can get some extra steps in
- Take the stairs instead of the elevator or escalator
- Consider getting off the bus one or two stops early and walking the rest of the way to your destination

Up Your Game and Leisure Time



- While watching TV, pick a word or phrase and every time a character says the word, do 5 jumping jacks, pushups, or sit-ups
- During each TV commercial break, dance to one song (Bonus: Rotate which family member gets to pick the song)
- Play a game of active Charades by acting out phrases or book and movie titles
- Use a deck of cards to create a quick family workout. Do the number of repetitions displayed on the card:
 - ♥ Hearts: twists
 - ♣ Clubs: calf-raises
 - ♠ Spades: basketball jump shots
 - ★ Joker: wild card! Choose the number and activity
 - ♦ Diamonds: baseball swings



Events and information are posted on Peachjar. To register and receive all school e-flyers go to

www.peachjar.com. If you are already signed up for Peachjar at another school, just add our school by going to your profile and clicking on "My Account," then click on notification preferences and choose our school.

Lunch Pal

Lunch Pals Mentors Needed

If you love children and want to make a difference in their lives, please come mentor students in need of a good role model to teach them how to succeed in life. It will only take 30 minutes of your time each week to make a difference with a child. *(We are currently only doing virtual mentoring until further notice.)* Here is a list of training workshops available:

Adopt-A-Class & Program Sponsorship



Our students truly benefit from the sponsorships created for the school. With the additional funds provided through these relationships, our students are offered additional opportunities that may not have been otherwise possible without the assistance of our community members. There are continuing budget cuts which makes it imperative that we reach out to our families and community for support. If you are interested in sponsoring a class, please see the front office or your child's teacher for more details.

In Kind Donations:

- Nertila Seitllari
- Royce Family



Lunch Pal Training

To sign up for a training class click here: [Pinellas County Schools Virtual Mentor Workshops \(smartsheet.com\)](http://PinellasCountySchoolsVirtualMentorWorkshops(smartsheet.com))



*Follow pool rules and closely supervise children when in or around the water.

*Make sure children take water breaks and wear lightweight clothing when playing outside. Learn to recognize the signs of heat stroke.

*Drink plenty of water to avoid dehydration.

*Protect your skin from sun. Apply sun screen with SPF 30 or higher, reapply every three hours.

*Enjoy fireworks safely to prevent injury.

These are a few ways you can stay safe, prevent injury and accidents while having fun in the sun.

Resources: <https://www.cdc.gov/family/kids/summer/index.htm>



Kiwanis Club of Safety Harbor
P. O. BOX 312
Safety Harbor, FL 34695



Clothes Closet

We are in need of gently used Size 1 & 2 girls shoes and size 3 & 4 boy shirts, shorts and pants.

Business Partners

2020-2021



Drive Clearwater, FL 33761

2451 N. McMullen Booth Rd.

Clearwater, FL 33759



875 Cypress St, Tarpon Springs · (727) 938-5778



Elementary School Lunch Menu

may

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Choose One:</u> Max Cheese Sticks <i>or</i> Cheese Quesadillas ~OR~ Chicken Caesar Salad ~OR~ Cheesy Turkey Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Marinara <i>or</i> Salsa Cup <i>or</i> Carrot/Celery Cup	4 <u>Choose One:</u> Breakfast for Lunch ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Deli Roasted Potatoes 100% Fruit Juice <i>or</i> Fresh Fruit	5 <u>Choose One:</u> Pasta & Meatballs <i>or</i> Meat Sauce ~OR~ Sunshine Dipper Salad ~OR~ Ham & Cheese Croissant <i>or</i> PBJ Sandwich <u>Choose:</u> Sliced Cucumbers 100% Fruit Juice <i>or</i> Cupped Fruit	6 <u>Choose One:</u> Popcorn Chicken & Waffle ~OR~ Yogurt & Fruit Parfait <i>or</i> Deli Combo Sub <i>or</i> PBJ Sandwich <u>Choose:</u> Steamed Broccoli 100% Fruit Juice <i>or</i> Fresh Fruit	7 <u>Choose One:</u> Pizza Choice ~OR~ Apple A Day Salad ~OR~ Turkey & Cheese Sandwich <i>or</i> PBJ Sandwich <u>Choose:</u> Romaine Side Salad 100% Fruit Juice <i>or</i> Cupped Fruit
10 <u>Choose One:</u> Chicken Nuggets <i>or</i> Tenders ~OR~ Chicken Sandwich ~OR~ Chicken Caesar Salad ~OR~ Cheesy Turkey Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Carrots & Celery Cup 100% Fruit Juice <i>or</i> Cupped Fruit	11 <u>Choose One:</u> Beef, Pork or Chicken Tacos ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Corn Niblets 100% Fruit Juice <i>or</i> Fresh Fruit	12 <u>Choose One:</u> Macaroni & Cheese ~OR~ Sunshine Dipper Salad ~OR~ Ham & Cheese Croissant <i>or</i> PBJ Sandwich <u>Choose:</u> Sweet Green Peas 100% Fruit Juice <i>or</i> Cupped Fruit	13 <u>Choose One:</u> Teriyaki Beef Dippers, Rice & Roll ~OR~ Yogurt & Fruit Parfait <i>or</i> Deli Combo Sub <i>or</i> PBJ Sandwich <u>Choose:</u> Steamed Broccoli 100% Fruit Juice <i>or</i> Fresh Fruit	14 <u>Choose One:</u> Pizzaboli ~OR~ Apple A Day Salad ~OR~ Turkey & Cheese Sandwich <i>or</i> PBJ Sandwich <u>Choose:</u> Marinara Cup <i>or</i> Romaine Side Salad 100% Fruit Juice <i>or</i> Cupped Fruit
17 <u>Choose One:</u> Max Cheese Sticks <i>or</i> Cheese Quesadillas ~OR~ Chicken Caesar Salad ~OR~ Cheesy Turkey Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Marinara <i>or</i> Salsa Cup <i>or</i> Carrot/Celery Cup	18 <u>Choose One:</u> Breakfast for Lunch ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Deli Roasted Potatoes 100% Fruit Juice <i>or</i> Fresh Fruit	19 <u>Choose One:</u> Pasta & Meatballs <i>or</i> Meat Sauce ~OR~ Sunshine Dipper Salad ~OR~ Ham & Cheese Croissant <i>or</i> PBJ Sandwich <u>Choose:</u> Sliced Cucumbers 100% Fruit Juice <i>or</i> Cupped Fruit	20 <u>Choose One:</u> Popcorn Chicken & Waffle ~OR~ Yogurt & Fruit Parfait <i>or</i> Deli Combo Sub <i>or</i> PBJ Sandwich <u>Choose:</u> Steamed Broccoli 100% Fruit Juice <i>or</i> Fresh Fruit	21 <u>Choose One:</u> Pizza Choice ~OR~ Apple A Day Salad ~OR~ Turkey & Cheese Sandwich <i>or</i> PBJ Sandwich <u>Choose:</u> Romaine Side Salad 100% Fruit Juice <i>or</i> Cupped Fruit
24 <u>Choose One:</u> Chicken Nuggets <i>or</i> Tenders ~OR~ Manager's Choice ~OR~ Chicken Sandwich ~OR~ Chicken Caesar Salad ~OR~ Cheesy Turkey Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Carrots & Celery Cup 100% Fruit Juice <i>or</i> Cupped Fruit	25 <u>Choose One:</u> Beef, Pork or Chicken Tacos ~OR~ Manager's Choice ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap <i>or</i> PBJ Sandwich <u>Choose:</u> Corn Niblets 100% Fruit Juice <i>or</i> Fresh Fruit	26 <u>Choose One:</u> Macaroni & Cheese ~OR~ Manager's Choice ~OR~ Sunshine Dipper Salad ~OR~ Ham & Cheese Croissant <i>or</i> PBJ Sandwich <u>Choose:</u> Sweet Green Peas 100% Fruit Juice <i>or</i> Cupped Fruit	27 <u>Choose One:</u> Teriyaki Beef Dippers, Rice & Roll ~OR~ Manager's Choice ~OR~ Yogurt & Fruit Parfait <i>or</i> Deli Combo Sub <i>or</i> PBJ Sandwich <u>Choose:</u> Steamed Broccoli 100% Fruit Juice <i>or</i> Fresh Fruit	28 <u>Choose One:</u> Italiano School Choice ~OR~ Manager's Choice ~OR~ Apple A Day Salad ~OR~ Turkey & Cheese Sandwich <i>or</i> PBJ Sandwich <u>Choose:</u> Marinara Cup <i>or</i> Romaine Side Salad 100% Fruit Juice <i>or</i> Cupped Fruit
31  MEMORIAL DAY NO SCHOOL	<p style="border: 1px dashed black; padding: 5px; text-align: center;"> <i>All menus are subject to change! We do our best to provide our customers with all of our planned options; however, occasionally issues beyond our control prohibit it.</i> </p>		 <p>Sweet Corn!</p>	 All Meals Include Choice of Milk

¡ASEGURE AHORA SU ASIENTO!

PREPÁRESE

APRENDA

CREZCA

**¡CON EL PROGRAMA DE SUMMER
BRIDGE DE PINELLAS COUNTY
SCHOOLS PARA LA PRIMARIA!**

21 DE JUNIO -15 DE JULIO

LUNES - JUEVES

8:30 A.M. TO 1:30 P.M.

TRANSPORTE DISPONIBLE

***EN LA ZONA DE
TRANSFORMACIÓN HORARIO
ESCOLAR: 8:30 A.M. A 2:30 PM.**

El Programa Summer Bridge para la escuela primaria está abierto a todos los estudiantes en kindergarten hasta el cuarto grado.

Los estudiantes participan semanalmente en clases temáticas y en excursiones virtuales, a la vez que desarrollan las habilidades en matemáticas, ciencias y lenguaje tanto a través de clases en pequeños grupos como en sesiones para todo el salón!

**PARA OBTENER INFORMACIÓN
ADICIONAL, LAS LOCALIDADES Y
LA INSCRIPCIÓN, VISITE:
PCSB.ORG/SUMMERBRIDGE**



SECURE YOUR SEAT NOW!

PREPARE

LEARN

GROW!

**WITH PINELLAS COUNTY
SCHOOLS ELEMENTARY SCHOOL
SUMMER BRIDGE!**

JUNE 21-JULY 15

MONDAY-THURSDAY

8:30 A.M. TO 1:30 P.M.

TRANSPORTATION AVAILABLE

***TRANSFORMATION ZONE**

**SCHOOL HOURS: 8:30 A.M. TO
2:30 PM.**

The Summer Bridge Elementary School Program is open to all students in kindergarten through fourth grade. Students engage in weekly themed lessons and participate in virtual field trips, while building math, science and language arts skills in both small and large group face-to-face sessions!

**MORE INFORMATION,
LOCATIONS & REGISTRATION:
[PCSB.ORG/SUMMERBRIDGE](https://www.pcsb.org/summerbridge)**





Highlights

All components of the PCS Wellness Guidelines are in progress of being aligned to the guidelines from the Alliance for a Healthier Generation. www.healthiergeneration.org

NUTRITION EDUCATION: Instruction is required at all grade levels.

PHYSICAL ACTIVITY:

- Thirty (30) consecutive minutes of physical education is required. Students enrolled in PE in Grades 3 - 5 are required to complete the Being Fit Matters/Fitnessgram assessment, taught by a certified physical education teacher.
- On a daily basis, all elementary students shall have the opportunity of participating in a cumulative 20 minutes of physical activity beyond the physical education program.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES: Schools should provide access to hand washing/hand sanitizing before and after students eat.

FOODS ON CAMPUS: Schools may not serve or provide access for students to low nutritional foods and all other forms of candy on school property until the end of the school day. This includes vending machines, school stores and school fundraisers.

MENUS AND CAFETERIA OPTIONS: Food services menus meet or exceed regulatory nutrition requirements. All beverages served will be milk, 0-calories flavored or unflavored water, 100% fruit and/or vegetable juice. Energy supplement beverages are prohibited.

SNACKS AND SPECIAL EVENTS:

- Parents who would like to send class snacks should call the school office or teacher to make sure the items are within the guidelines. School-provided snacks must comply with the Pinellas County Schools Nutrition Standards and may not contain any Foods of Minimal Nutritional Value (candy, gum, soft drinks, etc.). Classroom snacks may not exceed the maximum portion size designated for that item. Please refer to the suggestions for healthy snacks.
- With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to two different school-approved events each year**. These food items may not be given while school meals are being served.

INSTRUCTIONAL USE OF FOOD IN CLASSROOM: As part of an instructional, prepared lesson, teachers may use low nutritional foods. Occasionally, students may consume food prepared in class for instructional purposes; however, food may not be provided or sold to other students or classes. Low nutritional items may not be served during meal periods.

STUDENTS WITH SPECIAL NEEDS: Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

TESTING DAYS: Schools and parents may provide one additional snack per day for students taking tests. The school snack must comply with the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

FIELD TRIPS AND STUDENT COMPETITIONS: School approved field trips and competitions are exempt from the nutrition guidelines.

HEALTHY SNACKS

FRESH FRUITS

- Canned fruits in natural or light juices
- Raisins
- Other dried fruits

GRAINS (1.5 oz. or less)

- Whole grain crackers
- Unsweetened cereals
- Unbuttered popcorn
- Baked tortilla chips
- Unsweetened cereal
- Pretzel and nut mix
- Pretzels
- Graham/animal crackers
- Goldfish crackers
- Munchies Kids Mix
- Baked chips



CEREAL BARS (2 oz. or less)

- Multigrain bars
- Quaker Oatmeal bars
- Rice Krispies Treats

BAKERY ITEMS (3 oz. or less)

- Whole grain breads
- Bagels
- English muffins
- Mini muffins

MISCELLANEOUS

- Fresh vegetables
- Low-fat cheeses
- Peanut butter
- Salsa
- Sugar-free gelatin
- Yogurt (8 oz. or less)



BEVERAGES (12 oz. or less)

- Bottled water
- Flavored water (0-calorie)
- Low-fat milk, flavored or unflavored
- 100% Fruit juices

Frequently Asked Questions



HOW OFTEN ARE THE GUIDELINES CHANGED?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. Each year the guidelines are reviewed and revised as necessary by the School Health Advisory Committee.

HOW DOES THIS AFFECT THE LUNCH THAT I SEND TO SCHOOL WITH MY CHILD?

These guidelines do not affect what you pack in your child's lunch. Parents may provide low nutritional or candy items for their own child but not for other children.

WHO DO I CALL IF I HAVE A QUESTION?

For more information, please contact the office at your child's school.