

MAIN STREET SCHOOL

40 Main Street
Exeter, New Hampshire 03833

Steve Adler
Principal

ph: (603) 775-8900
fx: (603) 775-8964

Beth Cadorette
Assistant Principal

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Dear Main Street School Families,

As we begin the new school year, we want to remind you that the Exeter School District has a "Wellness, Nutrition and Physical Activity Policy" that guides what types of foods may be offered to students throughout the school day. The policy is located on the SAU-16 website. This policy is particularly applicable to school parties and celebrations that occur during the school day, including both whole class events and individual student birthdays. Exeter's elementary schools want to continue to support the tradition of recognizing these various special days while at the same time promoting healthy snack ideas and non-food ways to celebrate. We want to share some related suggestions below:

Non-Food Ways to Celebrate

- Donate a book to the school library or classroom in honor of the child's birthday
- Donate games to the classroom to be used during in-door recess
- Donate playground/physical activity equipment – jump ropes, balls, etc
- Organize an active game(s) that the class can play
- Engage students in a special art project (Teachers may provide suggestions)

Healthy Snack Ideas

- Small bottles or cartons of flavored milk, 100% juice, smoothies and water
- Fresh fruit tray (whole, wedges, slices)
- Fresh vegetable tray (baby carrots, grape tomatoes, celery sticks, cucumber spears, red and green pepper strips, cauliflower and broccoli florets) with reduced fat ranch or yogurt-based dip
- String cheese, cheese cubes, or slices with whole grain crackers
- Low fat pudding cups, low fat yogurt squeeze packs or cups
- Pretzels, low fat popcorn

Please also note that several classrooms have food restrictions due to specific health-related or severe allergy issues. A separate notification has been provided to parents in those classrooms. If you have a question about food and drink items to be sent into classrooms for celebrations, please contact the school nurse.

Finally, please know that your support of our efforts to promote healthy nutritional habits for the students in our elementary schools is very much appreciated!

Sincerely yours,
Steve Adler

Our mission:

To provide a positive, safe learning environment that fosters a life-long love of learning for all with respect for individual strengths and needs.