**Happy Healthy Wall**

Dear Parents,

One long-standing SRE tradition is that students often bring in treats to share with their class on special occasions (birthdays, class parties, etc.). In working towards our goal of educating students on how to make healthy lifestyle choices, the PE department would like to incentive students to bring healthy snacks in for special occasions in lieu of traditional sugary desserts.

Here’s how it will work... Whenever a child brings in a healthy treat to share for a special occasion, he/she will have the opportunity to stop by the gym and have his/her picture taken with the snack. We will display their photo on our “Happy, Healthy Wall” in the gym as an example of what it means to make healthy choices.

Generally speaking, we are looking for foods without added sugar or artificial ingredients (sweeteners, dyes, preservatives). Plant based food items will always work! Fruits are a great example of healthy treats that are inexpensive, tasty and easy to distribute. If you have questions about whether or not your child’s shared food item will qualify please feel free to contact us. Also please be sure you are complying with your child’s homeroom teacher’s policies on shared food items.

**Happy Active Wall**

Based on the success of our Happy Healthy Wall, we are implementing the Happy Active Wall. We ask that students bring in a picture of themselves participating in their favorite physical activity outside of school. This can be anything from a team sport, to hiking, swimming, riding bikes, etc.. We will post these pictures on the bulletin board in our gym.

In the interest of space, we are limiting each student to 1 picture and we also ask that they be printed as small as possible. Wallet size phots work best. Any picture larger than 3” by 5” will not be posted.

Lastly, students who participate in either (or both) of these are healthy lifestyle role models in our school community. To celebrate our healthy leaders, Mr. Noble and I will invite each participant and their family to a pot-luck picnic event toward the end of the school year at Morven Farms. More details to follow on the picnic later!

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