

Valentine's Day

Valentine's Day is quickly approaching. This is not only a special day to tell our friends and loved ones how much they mean to us, but also a day of parties and celebration! As we must follow the guidelines of the RCS Wellness Policy, we want our students to enjoy this special day as we continue to encourage the message of 'moderation'. We would like to instill in our students that we can absolutely enjoy the special treats in life. The key is to make it a 'treat' and not an everyday occurrence, which in turn can lead to unhealthy lifestyles. Here are a few reminders as your child's class plans for their beloved Valentine's Day Party:

All food must be pre-packaged. Please no home baked goods unless they are opened and prepared at school. This is in accordance to the RCS Wellness Policy.

Please limit 'sweet' selections to one item. If they decide on cupcakes, just have cupcakes and not brownies, and cookies, and cake etc.

Encourage some healthy options such as: veggie trays, fruit trays, yogurt dips, chips and salsa, low fat ice cream sundaes, smoothies etc.

Classes may have pizza, sub-sandwiches, baked chips, popcorn and items along that line. These items have been popular in the past.

Please no soft drinks. Students may have water, sports drinks and flavored water

If you have any questions please email me or give me a call.

We hope everyone has a wonderful
Valentine's Day Celebration!!!

Thanks!

Stephanie Eidson

