



Welcome VUSD Parents!

Healthy students learn better. Students are encouraged to make healthy choices everyday. This includes choosing nutritious foods, exercising, washing hands, getting enough sleep, and drinking water everyday.

Here's how you can support our healthy habits:

- ☑ If you send snacks for your child, please include nutritious items such as fruits, vegetables, yogurt, crackers or cheese. Please do not send candy, chips, cupcakes, or other items high in added sugar and fat.
- ☑ If you want to donate items for a celebration, please bring nutritious items or non-food items such as:
 - Fruit smoothies
 - Fruit kabobs with pineapple, grapes, bananas, or berries, etc.
 - Veggies such as carrots, celery, jicama, cherry tomatoes, cucumber, or bell peppers with low-fat dip (such as Ranch, salsa, hummus, bean dip, etc.)
 - Frozen fruit bars
 - Yogurt parfaits made with low-fat yogurt, fruit, and granola
 - Dedicate a book to your child with birthday wishes from classmates and donate it to the classroom library
 - Bring in your student's favorite (appropriate) music and have a dance party at recess
 - Bring small party favors such as stickers, yo-yo's, jump ropes, etc.
- ☑ Each day ask your students about the healthy choices they made. Ask which fruits and vegetables they ate from the salad bar. Ask how they were physically active at recess and PE.
- ☑ Be a positive role model. Demonstrate healthy eating habits and be physically active.

We need your support to help us build healthy habits.

Thank you!