

## BEECHWOOD ELEMENTARY SCHOOL

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Wednesday August 31<sup>st</sup>, 2016

## Healthy Eating at Beechwood Elementary

Dear Parents and Students,

Welcome back! We are all very excited for the upcoming school year and wanted to remind our school community about our new '*Healthy Eating*' approach that was put in place at our June 2011 Governing Board meeting.

In accordance with our school's strategic plan that supports policies to encourage our students in improving their healthy eating habits, Beechwood Elementary will be implementing a "**Three C's**" initiative – in simple terms, we are asking that our students leave *Chocolate bars, Chips and Candies* out of their lunch bags. Snacks, such as fruits, vegetables and a wide range of healthy alternatives can easily replace these empty calories that do not give our students the good energy their bodies require.

We kindly ask that each family does their part in helping us to implement this new policy. Our special school lunches will also be altered in order to successfully coincide with the "**Three C's**" lunchtime policy.

If one of our lunchtime supervisors come across one of the "**Three C's**" in a student's lunch, a note, reminding the family of this policy, will be included in your child's lunchbox at the end of the day. Our school community is confident that even a minor change in every child's diet may lead to healthier eating habits in the future.

If you have any questions about this policy, please feel free to contact us at your convenience.

Sincerely,



Mr. Hayter  
Principal