

PARENT INFORMATION

Classroom Celebrations (Birthday and Holiday) Elementary Schools

Hemet Unified School District believes healthy students learn better and is committed to creating healthy school environments. Food and beverages offered for classroom celebrations should promote student health.

Parents planning to donate food and beverages for a classroom party should consider the following:

1. Items shall be commercially prepared and wholesome at room temperature (they cannot require refrigeration or freezing). It is best for items to be individually packaged.
2. The combined calories of items donated shall be less than 170 calories per student.
 - a. Example: each child gets one cookie which is 100 calories, and one serving of fruit juice for 50 calories, totaling 150 calories per child.
 - b. Refer to package labels for nutritional information.
3. Always talk with your child's teacher to determine the best day and time for the party. Remember each classroom may have no more than one party per month and it must be held in the afternoon after lunch.
4. Considering today's concerns with childhood obesity, challenge yourself to create a party with little or no food. Play games, sing songs, or read a great story.
5. Visit the H.U.S.D. website for more ideas to help keep your family healthy: www.hemetusd.k12.ca.us

NOTE: See other side for information about the District's Party Pack which is now available for purchase.