



Dear Parents,

Having had the opportunity to be on the school playground for over 15 years I have seen many snacks, containers and clothing options come through the recess field. It makes me exhausted to think how much planning and spending it takes to get your child out the door with the right gear for the ever-changing weather in Colorado and plenty of snacks to keep your child going throughout the day. While I do not pretend to have all of the answers I would like give you a few of my observations, some tips for what research suggests and provide you with links your family might find useful.

First of all as it is stated in the Parent Handbook, *The British Primary philosophy recognizes the importance of outdoor play as an integral part of the curriculum. Children will play outside twice each day unless there is severely inclement weather. Please dress your child accordingly. Hats, mittens, warm coats, and boots are a must on cold, damp days. If children are well enough to be at school, it is expected that they will participate in outside time. Appropriate clothing is very important. Please label ALL items of clothing and check the Lost and Found in the Community Space frequently for missing belongings. Unclaimed items will be donated to charity at the end of each month.*

As I have always stated to parents per my own mother, **“There is no such thing as bad weather, just inappropriate dress.”** Playing outside in all types of weather can be so much fun for children if they are dressed appropriately. Please help prepare your child each day by staying abreast of the weather forecast. While flip flops, sandals and ballet flats are cute, sneakers on the playground seem to be ideal for climbing on the red ropes, running, shooting hoops and even building fairy houses.

Having spoken with parents at school, friends and siblings of mine throughout the United States, it sounds like packing snacks and lunches for your child can be a complicated task especially when you factor children’s ever-changing interest in certain foods, the enticement of playtime over eating and the cost it takes to purchase food your children will actually eat.

Research suggests that protein intake for children is very important to help keep their immune system strong and healthy. Packing a healthy, protein packed snack is key to a child’s development, school performance and overall health. However what good is it, if it ends up in the trash? Katherine L. Carson from Clemson University suggests that planning is key when packing snacks and lunches making sure to include at least three of the five (fruits, vegetables, grains, protein and dairy) food groups in your child’s lunch. Equally important is letting your child make healthy choices. When children get more say in choosing what they eat, they often eat better.

While we know pre-packaged foods can be appealing, we are really trying to go greener at Stanley. If at all possible, please try to pack your child’s snack and/or lunch in well-labeled reusable containers or bags. If your child has a thermos, please try to heat up your child’s lunch at home to save time and microwave usage.

Below are some healthy, kid-friendly snack ideas:

- Banana, cranberry or zucchini bread
- bagel/cream cheese
- humus, refried bean dip, salsa or dressing with cut up veggies (cucumbers, carrots, celery), pita bread or crackers
- fruit with dip
- a hard boiled egg
- tuna/chicken on a cracker or in a pita

- deli meat –ham, turkey, salami, roast beef
- yogurt dip and fresh fruit
- quesadilla
- mini sandwich-turkey pinwheel, PB & J
- bumps on a Log- celery slices with cream cheese/peanut butter
- oatmeal cookie with raisins
- healthy muffins – zucchini, blueberry, apple, etc.
- cheese and crackers with fruit slices
- trail mix – dried fruit and nut
- last night's leftovers- pasta with cheese meat/veggies
- cottage cheese with sliced peaches, cranberries, walnuts
- pretzels and cheese
- granola bar
- apple sauce and graham crackers

Here is a link from Clemson University which highlights other fun and healthy snack options and “recipes with pizzazz” including: an apple-cinnamon sandwich, turkey rolls, a fruit salad medley, cranberry bread, one bowl banana bread, very berry muffins and berry good snack mix

[http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life\\_stages/hgic4114.html](http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4114.html)

Feel free to email me, stop by my office or call me with any added suggestions, questions or concerns.

Thank you,

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