

# SNACK TIME

Dear Parents,

Studies have proven that when chosen properly, snacks can provide children with an extra boost to their mental skills. For this reason, your student will have a daily snack time in the afternoon in which they will be able to have a healthy snack. As a result, we encourage you to send a small snack every day along with a water bottle with a spill proof lid.

Our snack time should take no more than 15 minutes and will be eaten in our classrooms, so please keep that in mind when planning what to send. Also, foods requiring minimal clean up are best! Do NOT send anything with peanuts or peanut butter due to allergies.

Some snack ideas that the students seem to enjoy include crackers, pretzels, string cheese, goldfish, dry popcorn, granolas bars, animal crackers etc... Please note that candy, soda, cakes, and greasy or finger-coloring chips are not permitted. Students are not allowed to share snacks and teachers will not provide daily snacks.

Thank you in advance for your support and cooperation. We know that the students rumbling tummies thank you as well.

Sincerely,

*Mrs. Buckelew & Mrs. Pucker*