



Welcome back!

We hope everyone had a great summer!
As we open up with another busy school year, it is important that we do our very best to model a healthy lifestyle for our children here at Prairie Winds Elementary all year long.

We can model healthy living in many ways everyday.
Starting this year Prairie Winds Elem. staff are encouraging all of our families who choose to celebrate a special occasion at Prairie Winds Elem. (birthday, etc.) to provide healthy snacks/treats this year.

We have many children in our school that are severely allergic to nuts/tree-nuts so please keep this in mind when sending snacks/treats to school.

Thank you for helping us to keep the children healthy & safe,
Prairie Winds Elem. School Nurse

Snack/Treat alternatives:

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|---------------------------------------|----------------------|----------------------------|
| * Sugar-free jello/pudding | *Apple wedges | *Pretzels |
| * Mini carrots with low calorie ranch | | *Popcorn |
| * Baked goldfish | *Dried fruits | *Animal crackers |
| * Graham crackers | *Flavored rice cakes | *Cuties (mandarin oranges) |
| * Stickers | *tops | *Silly straw |
| * Pencils | *Erasers | *Bookmarks |