



LEARN 8 Food & Drink Policy

Healthy Food

LEARN 8 is fighting childhood obesity with a *No Cupcakes* policy, active learning, classroom fitness and improved school nutrition. LEARN 8 is encouraging a healthier school environment. This policy is effective immediately. Please send fruit or vegetables snacks for breakfast and lunch or classroom events or, for specific celebrations consider educational alternatives that you can purchase such as pencils, erasers, etc.

In addition to *No Cupcakes*, if your child is bringing a lunch to school, be sure to pack a healthy lunch, no “*Flaming Hots*” (or similar chips), candy, soda, etc.

Why are we rethinking health issues?

Thirty percent of children between the ages of 2 and 19 years old in the United States are overweight and 17 percent are obese. This rate has tripled over the last 30 years. BMI, or Body Mass Index (weight to height ratio) is calculated differently in children than adults. A child’s BMI is compared to national developmental averages or growth percentiles.

What percentiles a child’s BMI puts him/her in depends upon age and gender. Generally, a BMI over 25-27 is considered overweight. Obesity puts children at other health risk and causes esteem challenges.

What changes has LEARN 8 made in its school meal menus?

No junk food, candy and soda pop. Parents may not send sweet treats for birthdays or classroom parties. Our breakfast features low sugar cereals and entrees. The LEARN Campus continue to improve offerings for students at breakfast and lunch that are healthy and in line with our health goals. Children will be taught how to read nutrition data charts and choose more nutritious foods.

Thank you in advance for your cooperation in supporting a healthy environment for our children.