



Los Angeles Unified School District

Welby Way Charter and Gifted/High Ability Magnet Center Elementary School

A National Blue Ribbon School and A California Distinguished School

23456 Welby Way

West Hills, CA 91307

Telephone: (818) 348-1975 Fax: (818) 704-8726

Birthday Treats at School

With more research showing the importance of nutrition, new Federal and District guidelines will be implemented at school to help teach our children about smart snacks and healthier choices for treats.

If you wish to bring a treat for the class for your child's birthday, please contact your teacher to prearrange a ***five minute time period*** during recess, lunch, or before dismissal to sing Happy Birthday and share a treat. Check with the teacher regarding any known allergies. You must have a prearranged time with the teacher or you will not be permitted on campus.

Snack items should be approximately 200 calories, low in sodium (230 mg), low in fat (less than 35% of the calories), and low in sugar (less than 35% of the item's calories). Avoid processed foods, artificial colors, artificial sweeteners, and high fructose syrup and sugar. All foods must be prepackaged and unopened from the store. Due to regulations, homemade items are not allowed. The following is a list of suggested items:

- Raw vegetable sticks or slices with low fat dressing or yogurt dip
- Fresh fruit wedges: watermelon, cuties, apples
- Dried fruits/trail mix
- Unsalted pretzels
- Fruit cup with whipped cream
- Dark chocolate dipped strawberries or fruit
- Popcorn
- Natural fruit leathers
- String cheese
- Fruit spears
- Pita and hummus
- Bagel chips and hummus

Treats do not necessarily need to be food:

- Small bottles of bubbles that students can blow on the yard
- A book donated to the class in the student's name
- A donation to a charity of the student's choice in the class name
- Personalized pencils or school supplies

Thank you for supporting our efforts as we educate our students and model healthier habits.



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