



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

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## **Birthday Policy**

At Welby Way Elementary, we enjoy honoring students on their birthdays. Teachers recognize children in the classroom on their special day in a variety of ways, and they take great pride in making your child feel special on their birthday. Before making any plans for your child's birthday, first discuss with your child's teacher their class policy on recognizing birthdays in the classroom.

You do not have to send treats with your child on his or her birthday. However, if birthday treats are permitted in your child's class, 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 food allergies. You must have a prearranged time with the teacher, or you will not be permitted on campus.

With more research that shows 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.

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 sliced with low fat dressing or yogurt dip
- Fresh fruit wedges: watermelon, cuties, apples
- Dried fruits/trail mix
- Unsalted pretzels
- Fruit cone with a little whipped cream
- Dark chocolate dipped strawberries or fruit
- Popcorn
- Natural fruit leathers
- String cheese
- 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 game for the classroom
- 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.*