

# High Point Academy Wellness Program

## *A Parent's Guide to Nutrition at School*

HPA is proud of its award-winning wellness program! We have been recognized by CBS Channel 4, the Colorado Education Initiative, and the U.S. Department of Agriculture for our healthy school culture. By sending your students to HPA, you have made a decision to be part of one of the healthiest schools in Denver!

### Daily Snack

Students at HPA bring fresh fruits and vegetables for snacks.

If the standard apple, orange or banana is getting old, here are some fresh ideas:

- Sliced sweet red, orange or yellow



- peppers
- Baby carrots and/or celery
- Sugar-snap peas
- Sliced cucumber

- Strawberries and/or blueberries
- Cut-up melon
- Edamame

### Birthdays

#### Please do not...

Send food for birthdays.

#### Please do...

If you choose to celebrate your child's birthday at school, we encourage you to choose one of the options recommended:

- Reach out to your

child's teacher for other suggestions.

- Donate a book to HPA with your child's name in it. Our classrooms and library can always use new books!

Please save food treats such as cupcakes, cake and cookies for your celebration at home.

### School Cafeteria

Parents may send in a lunch of their choosing for their child or participate in the hot lunch program. Please do not include cookies, candy, etc., as a part of your child's lunch.

### Beverages

We encourage students to drink water throughout the school day. Please do not send other beverages to school with your student. The exception is 100% fruit juice during lunch.



### Celebrations and school events

We focus on healthy offerings for events and celebrations involving shared food.

#### Ideas:

- Vegetable platter with dip
- Popcorn
- Nuts or trail mix
- Fruit salad
- Whole grain bread with healthy spreads
- 100% whole fruit juices
- Cheese and crackers

Please do not bring food or beverages for students to share unless the teacher has requested you do so.

