



“Healthy Snack” Policy Information for Parents and Students (Grades 1-7)

St. Catherine of Siena School wishes to promote good nutrition and hydration among our students. Further, we wish to help the students have the energy needed to make it through the rigorous academic day. For those reasons, we are implementing two new policies:

- **HEALTHY SNACK**
 - Each day, during a designated time, students will be allowed to eat a “healthy snack” during class.
 - A “healthy snack” would be a food that has a combination of carbohydrates which provide quick energy for the brain work which will supply the slow energy needed to get the student through the rest of the morning academic periods and into lunch. Suggested snacks of **protein**: peanut butter, hard-boiled or deviled egg, cheese, nuts, roasted soybeans, tuna and of **carbohydrates or carbohydrate/protein combos**: fruit, ½ sandwich, bagel, oatmeal breakfast bar, cereal breakfast bar or snack bars (one that has at least 8-10 grams of protein, but no more than 25 grams of carbohydrates).
 - ***There may be restrictions on the snacks students may bring if any student in the class has a severe food allergy.***
 - The times of the day for these “healthy snack” breaks are:
 - First grade – 9:30 AM
 - Second grade – 9:30 AM
 - Third grade – During second period (9:40-10:25)
 - Fourth grade – During second period (9:30-10:20)
 - Middle School – MORNING: During third period (10:20-11:10)
AFTERNOON: During sixth period (1:45-2:30 for students in Grades 5 and 7)
During fifth period (12:55-1:40 for students in Grade 6)
- **WATER BOTTLES**
 - Students will be permitted to fill and carry water bottles during the school day.
 - Students are asked to be careful with water around electronic equipment (for example, if the Chromebook is on the desk, sit the water bottle on the floor).
 - Students should fill their bottles during restroom breaks.

It is our firm belief that the above changes will be nothing but beneficial to our students. Please contact the school with any comments or questions.

Yours in Christ,

Kimberlie Kilroy
Principal