

## We Want Your Child Healthy!!!

Here at Horizon Science Academy, we want your child to be as healthy as possible! Studies show that well-nourished children have better attendance rates, classroom behavior, attention span, and creativity. For this reason, the school staff will only reward students with healthy food items for good behavior and academics, (there will also be other incentives, such as dress down passes, homework passes, and field trips...etc). On school field trips, the staff will buy healthy food items for the children to consume. We would also like to encourage our families not to send unhealthy food items to school such as soda, chips, cookies, fries,...etc. We only want what is best for your child, and our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and meeting the nutrition needs of school children within their calorie requirements.

