

# FOOOD!!!

**Dear Families,**

As you are aware, students are offered breakfast and lunch at Sister Thea Bowman. Students learn best when they have full bellies to help fuel their brains! And as Kindergarteners, students are still doing lots of growing and have big appetites! We understand that many students who went to pre-school or daycare before Kindergarten are accustomed to regular snack time. In order to help keep those bellies full and have a smooth transition to Kindergarten, we will be having snack time at the end of the day before students are dismissed at 2:45 pm. The school does provide a vegetable or fruit snack a couple of times a week, but I will also provide some snacks for students. However, I highly recommend sending in a snack with your child. The snack must be on the school's approved snack list, which you can find in the handbook online. If you are able and wish to donate snack to the classroom, it can be brought to the office. We have 20 students this year!

As the school year goes on we will transition from snack everyday to having snack three times a week, and then two. This is done to prepare students for the transition to first grade where they will only receive the fruit and vegetable snack. Feel free to reach out with an questions or concerns.

**Warmly,**

**Ms. V**

<https://www.sistertheabowman.org/current-families>