



Deep Creek Elementary Wellness Policy: Promote Happy Kids and Healthy Choices!

A *Leader In Me* school, Deep Creek Elementary strives hard to “Begin With the End in Mind”, and we believe in being “Proactive” when addressing health and wellness! We desire our students to be happy and healthy in their life choices because so many of the decisions they make now will affect their habits and lifestyle in the future. We welcome families to help us encourage positive, healthy alternatives to traditional sweets and snacks and ask for your consideration when celebrating a birthday or special event:



- Consider smaller portions (mini) rather than full size
- Fruit as a natural sweet treat (parfaits, kabobs, cups, etc.)
- Tokens such as stickers, pencils, coupons, etc. in place of food
- Present vegetables in a fun/creative manner (faces, characters, etc.)
- Offer fun physical activities, games, or music
- Make him/her feel special by providing a unique opportunity to lead
- Provide a creative outlet with a craft or art activity

Please contact your child’s teacher in advance to make arrangements for celebrations and allow for planning that does not interrupt instructional time. We are happy to share in these important milestones and enjoy watching children make healthy, responsible choices!

Deep Creek Elementary School abides by the Charlotte County Public Schools Wellness Policy that can be located at ([website address here](#)). In addition to healthy nutrition, we encourage regular physical activity, plenty of sleep, good personal hygiene, and of course “Sharpening the Saw” activities.

Thank you for your support!



Deep Creek Cubs are Ready, Responsible, Respectful Leaders!