



2018 - 2019

Wellness Policy

Alma Fuerte Public School is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

Our agreement to support a healthy respect for one's self is as follows:

- AFPS is instituting a strict no candy, no soda policy. Unhealthy snacks may be confiscated and not returned. Students will have the opportunity to snack swap with staff for a healthier option.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis through community time in the garden and on the yard.
- All foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Birthday Celebrations

As a community, we care about each other. We also want to teach healthy and respectful lifelong habits. At AFPS, we will celebrate birthdays together as a community by singing to each child on the actual day of their birthday.

Please do not send any food or goodies for birthday celebrations at school. We will make sure that your child's birthday is recognized and celebrated. We also ask that personal invitations to birthday parties not be passed out at school, unless the entire class is invited.