

Dear Parents,

As many of you may know, Leawood Baptist Preschool & Parents Day Out has been participating in a National Early Care & Learning Collaborative called Taking Steps to Healthy Success sponsored by the CDC. It is helping us to create a healthier environment in our preschool and as a part of the program, we would like to make some changes in our policy regarding healthy snacks and lunches.

We have already implemented a new system for providing healthy snacks for the children. In addition to the snacks they are eating, the teachers have been working with the children on family style serving of the snacks. When applicable, the teachers place the snack items on a plate or bowl and pass it around so the children can serve themselves with spoons or tongs.

Teachers have also been practicing pouring with the children. Before having them pour liquid, they have been practicing with things like beans or rice. Then they can try water, with the ultimate goal being the children will pour themselves a glass a milk at lunchtime. This new policy of serving milk at lunch time will begin in June and continue in July and next school year. The milk and cups will be provided by the school. If your child has an allergy or dietary need regarding milk or dairy, please inform the office. Otherwise, all students will be served milk.

In addition to milk being served with lunch, there will be new requirements for the you, the parents, regarding the food that you pack in your child's lunch. These new requirements are coming from the state level and all licensed centers in the state of Kansas will be affected by these changes. What they are asking is that every child's lunch contain food from each of the four food groups (and milk which will be provided). The four food groups are a protein (meat, egg, cheese, beans, peanut butter), a vegetable, a fruit, and a grain. Most of our families are probably already meeting these requirements or are close, with maybe one component missing, however if not ALL of the families meet this requirement, our school may be fined when we have our annual license inspection.

This will affect our entire center, infants through school age, including the extended day program.

I will continue to provide information regarding these changes and requirements as the new school year approaches, but I wanted you to be informed and prepared. Some of this information will include suggested foods from each food groups as well as recommended serving sizes for different age groups of children. Of course, if you have any questions at any time, please feel free to contact me and I will do my best to answer your questions.

Thank you for your help in this new endeavor. We appreciate your support!

Jamie Sink  
Director