Dear Kuhio School Parent(s) / Guardian,

Kuhio Elementary School recognizes the link between healthy bodies and productive minds. To increase the focus on the health and fitness levels of our students at Kuhio Elementary School, we will implement the Department of Education’s Health and Nutrition Education Standards 1 – 5 (www.hawaiipublicschools.org).

Your child’s health is important to us. A healthy child is ready and able to learn more than an unhealthy one. We ask for your assistance in helping our children to stay as healthy as possible.

You can help by providing a nutritious breakfast for your child before he or she comes to school, or encourage your child to eat breakfast at school. If you send a lunch from home with your child, please include nutritious items in it.

Parents love to send snacks and treats for class parties, birthday celebrations or special holidays. We ask that these snacks and treats be nutritional and low in salt and sugar. Children love fresh fruits. Kuhio students have had wonderful classroom celebrations with healthy snacks, such as frozen grapes, cubed watermelon in cups, and fruit kabobs. There are over 100 snack ideas on Kuhio’s website. Please see the Links tab and scroll down to the Wellness section.

In addition to keeping our students healthy, the school wants all students to be safe. There are many children who suffer from food allergies, which sometimes can be serious. In children, allergies are commonly triggered by eggs, milk, peanuts, tree nuts, and wheat. Choosing nutritious food and refraining from sending the foods that can trigger allergies in children is greatly appreciated.

If unhealthy foods, such as cupcakes, cookies, and candies are brought to school, these treats will not be eaten at school. They will be given to children to eat at home after school.

There are also alternatives to food; we invite you to consider sending non-food items (i.e., stickers, erasers, etc.).

Thank you for helping Kuhio School keep our children healthy and safe.

Sincerely,

Ms. Lynn M. Kobayashi
Principal