



Harmony Science Academy Fort Worth
Healthy Snacks for 2015-2016 School Year

Dear Second Grade Families,

We allow time each day for the students to eat a healthy snack while they are working. Since they have Specials every day during First Period, we think it's best that they have the snack around 9:15 a.m. when they return from Specials; especially on the days when they are returning from P.E.

We found this interesting article online that gives ideas of good healthy snack options. Students are not expected to bring a snack but it is a daily option if you choose for them to have a snack. If you have any questions, please feel free to contact us.

HSAFW Second Grade Teachers

Healthy Snacks Article Link:

http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.html

Healthy Snacks Article QR Code:

