

Healthy School Guidelines



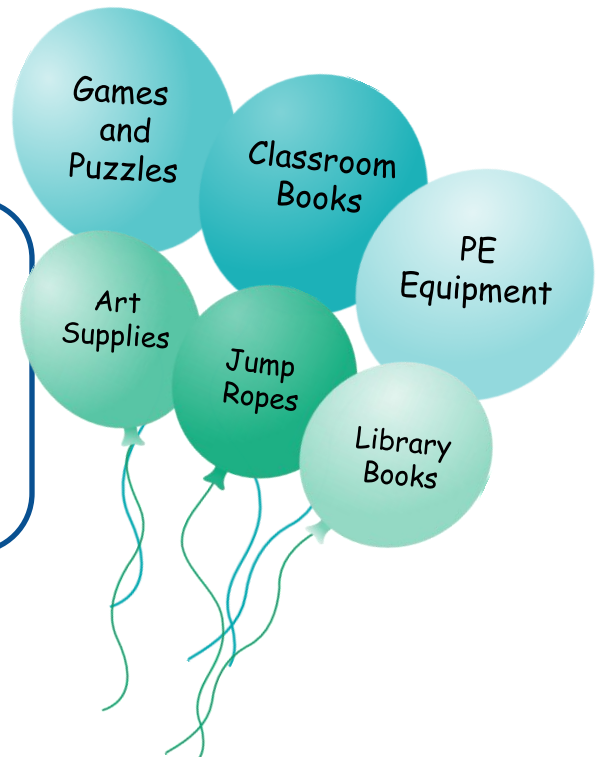
The Belmont-Redwood Shores School District and the Healthy Schools Initiative grant are committed to creating a healthy environment for all students.

We know that food and exercise impact our students' ability to focus and learn. As a district, we are focused on creating the optimal learning environment that supports the academic, social and emotional health of our students.

- We promote walking and biking to school
- We serve healthy school lunches
- We provide additional PE coaching
- We teach comprehensive health education and social-emotional learning skills
- We create a safe and supportive environment
- We encourage healthy classroom parties and "no food" birthdays

"No Food" Birthday Celebration Ideas

Instead of bringing food to celebrate, your child's special day, please consider non-food items such as a personalized gift to the classroom or school in the student's name.



Thank you for supporting our efforts in creating a healthy learning environment!