

Dear Parents,

Your child will be working hard in 1st grade! Adjusting from summer vacation back to school is sometimes hard. The children usually get hungry before lunch! We will have snack at 9:30 a.m. each day. The children must supply their own snack. It is against school policy for us to give any food to the children. I ask that the snack please be something healthy, like a piece of fruit or some vegetables – NO CANDY OR SUGARY FOODS. Please don't send items that require a fork or spoon, or items that can be spilled on papers or are messy. We will be working during this time. Please remember this is a snack, and not a full meal. Also, they will only be permitted to have water to drink during snack time. Please DO NOT send in juices or sodas.

If you have any questions, please feel free to e-mail me at [cindy.nieto@nisd.net](mailto:cindy.nieto@nisd.net).

Thank you and have a great day,  
Ms. Nieto

