



September 27, 2010

Dear Yorkville Community School Families,

Many of you have expressed concern over lunchtime procedures. Rest assured, we are still in a transition period (particularly Kindergarten), and your children are still getting accustomed to a new routine. We fully expect that within the next few weeks, lunchtime will be an enjoyable and relaxing part of the school day.

There are several things that you can do to support our school in providing a healthy and productive lunchtime environment:

- Remind your child to eat first and socialize later. Many children are talking throughout lunch and claiming they do not have enough time to eat. We are trying to encourage your children to “chew before they chat” but please reinforce this at home. The lunch period is 25 minutes - plenty of time to finish eating

If you are sending your child to school with lunch:

- Please provide your child with healthy choices, for example a high protein sandwich (“brain food”) such as turkey, a fruit or vegetable (baby carrot sticks), cheese sticks, yogurt, etc
- Try to avoid sugary drinks and desserts with “empty” calories which spike a child’s sugar levels but then leave him/her feeling “cranky”. Milk is only available to children that are receiving school lunch. There is a water fountain in the cafeteria.
- Try to find foods that are packaged in “child friendly” containers – many children are struggling with juice and milk boxes. Pop-open thermoses seem to work best.

Regarding school/hot lunch:

Only children whose families have completed the school lunch form and have requested hot lunch will be given hot lunch, milk and fruit.

The school menu will be available beginning October 1st and will be posted on the school website – www.yorkvillecommunityschool.org. There will be a limited number of peanut butter/ jelly or cheese sandwiches available. Children who are signed up for school lunch may choose the hot meal **or** a sandwich, not both.

Thank you for your cooperation and we look forward to a happy and successful lunch time experience. Please feel free to contact me if you have any questions at 212-534-1627 or Lmcdermott4@schools.nyc.gov

Your Parent Coordinator,

Lori