



# JEFFERSON

Elementary School

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## JEFFERSON JOINS GCS in STUDENT WELLNESS

Dear Eagle Families,

As you begin a new school year, it is always good to reflect on how we are serving our students and ways that we can help our students become healthier learners! Please review the Student Wellness Policy below and join GCS in helping our students grow as learners.

**Policy IHB-P: Guilford County policy states that “Schools shall not use foods or beverages that do not meet Eat Smart Nutrition Standards as rewards for academic performance or good behavior or for celebrations.” Foods sent to the school should be nutritious and healthy. A healthy snack is one that is low in fat, sugar and/or sodium and less than 200 calories per portion.**

**Suggestions for healthy snacks include:**

Grapes, bananas, and other fruit  
Low fat popcorn, pretzels, goldfish, yogurt  
Fruit snacks, fruit cup, applesauce, Jell-O snacks  
Granola bars, pudding cups, Rice Krispy Treats

Please **DO NOT** send foods such as:

Cakes, cupcakes (even for Birthdays or celebrations)  
Cookies that are high in sugar  
Doughnuts or other pastries  
Candy, chocolate

We also ask that you avoid sending snacks that may contain peanuts, peanut butter, and other common allergens. We appreciate your willingness to support our commitment to the EAT SMART initiative. Working together, we can improve the lifelong wellness practices of our children.

Thank you in advance for your cooperation!

Jefferson Elementary  
Principal Susan Villarrubia; Assistant Principal-Donna Harper  
1400 New Garden Road | Greensboro, NC 27410 |  
Phone: 336-316-5870 Email: [villars@gcsnc.com](mailto:villars@gcsnc.com)

Office Hours: 7am-3:30pm  
Instructional Hours : 7:25am-2:10pm



*Susan L. Villarrubia*

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