



**Dear Cassatt Parents,**

**We are excited to announce that starting this next Thursday, September 21st, we will be implementing a family-style snack time in our class. Family-style dining offers a great opportunity for children to work together to prepare snacks, serve them and enjoy conversations with each other, as well as assist in the clean-up process.**

**Some of the many benefits and important aspects to this practice are:**

- It helps children make healthy food choices by seeing positive attitudes from teachers and peers.**
- With this type of meal service, teachers can model and develop key concepts for children**
- Encourages opportunities to try new foods and politely decline food they have tasted and don't enjoy yet**
- It provides understanding of appropriate use of utensils**
- Allows children to participate with setting and cleaning the table after the meal**

**Other benefits include improved motor skills and self-confidence, expanded social skills, and practice using proper table manners.**

**Each week we will be providing different fruits and/or vegetables for our students. If you would like to participate bringing in any type of healthy/nut free item, feel free to contact your child(ten)'s teacher.**

**Thank you for your continued support!**