



Pre-testing Nutrition



All students in grades 2 through 5 will be taking the California Standardized Tests (CST) over the course of two weeks from Tuesday, May 12th through Friday, May 22nd. Studies have proven that children who have had a good night's sleep and a nutritious breakfast before the tests have greatly improved scores. To give our Darby students an added boost, we want to provide each student on each testing day with a pre-test nutritious snack. We need your help to make this happen.

We are asking our Darby parents to provide their child's class with a snack selected from the list below for one or more of their testing days. Please provide enough for each student in your child's class, in ready-to-serve, individual portions.

On the tear-off sheet below, please select which snack(s) you are willing to provide, and your Room Parent will contact you to let you know which day of testing to bring your snacks. Testing will commence at approximately 8:15 each morning. Please select items from the list below only. If your child has an allergy to any of these items, please note on the tear-off.

If we work together, we can help our Darby students achieve their best scores.

*** Fill-out and return the tear-off to your child's teacher by Friday, May 8th ***

I will provide the following pre-test nutrition (enough for each student) for my child's class, in ready-to-serve, individual portions:

Bananas (cut in half) _____	Cheese & Crackers (pre-packaged) _____
String cheese _____	Cereal & Milk bars (without nuts) _____
Granola bars (no nuts) _____	Pretzels _____
Grapes (pre-washed) _____	Optional: Water or 100% Juice boxes _____

No substitutions, please.

_____ I cannot bring a snack, but would like to provide a donation of \$_____ to help pay for the pre-test nutrition. Please send cash or check payable to Darby PTA, and return with this tear-off.

Student's name: _____ Teacher: _____ Room: _____

Parent's Name: _____ Phone: _____

NOTE: Please let us know whether your child has an allergy to any of the above items: _____