

Dear Families:

Our school is a member of the Alliance for a Healthier Generation's Healthy Schools Program, an initiative that is helping us make our school a healthier place. Creating a healthy school for our students is important because we know that healthy students are better learners. One of our wellness goals is to create new celebration traditions at our school. And we are asking for your help too!

Celebrations

We want to send a consistent message about good nutrition and healthy eating, so it is important that our celebrations reflect the healthy changes being made throughout our school building. Between holidays and birthday celebrations, the number of high fat, sugary foods and beverages a student consumes during the school year can add up quickly. We are asking that our school celebrates without using food, like doing a fun physical activity or project, or only including healthy foods and beverages during birthdays, holidays or school-wide celebrations. Two exceptions each school year, as determined by our Principal, are allowed.

We know this is a big shift, but it is also a great opportunity to share creative ideas! There are many fun ways to celebrate without food. Check out the list attached for some suggestions or share your own creative ideas with us!

The Alliance for a Healthier Generation also has tools to help you identify healthier foods and beverages. Visit www.healthiergeneration.org/smartsnacks to check out their resources.

Remember, all foods and beverages brought to school for celebrations must first be approved by the Principal's office. Anyone delivering items for a school or classroom party must first stop by the office.

Thank you for helping us create a healthier place for your child to learn!

Sincerely,