



Stratford Road Elementary School

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Alison Clark, Ph.D.
Principal

Lynn Winters
Assistant Principal

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Dear Parents/Guardians:

In 2006 the Board of Education adopted a “Wellness Policy on Nutrition and Physical Activity.” Since its inception, our Site Based Management Team (SBMT) discussed several ways we could implement this policy, such as changing fundraisers, sponsoring programs to highlight wellness (National Circus Project, the Mileage Club, Jump Rope for Heart), encouraging and discussing healthy classroom snacks, and providing teachers with some non-food rewards as incentives.

The adopted policy, list of healthy snacks, and non-food celebration suggestions can be found on the district’s website. This letter highlights aspects of the policy which directly impact the distribution of food during school and classroom events, as well as birthday celebrations:

- Foods to be shared with other children shall be limited to *healthy snacks.
- Birthday celebrations are permitted with only *healthy snacks. Non-food celebration ideas are *strongly* encouraged, such as sending in a t-shirt to be autographed
- Foods used for instructional purposes should be related to the curriculum or enrichment of study. All ingredients must be identified.
- The distribution of candy is *not* permitted.

*Healthy snacks are identified by the “Choose Sensibly” guidelines:

- fat- 7 grams or less
- sodium- 360 milligrams or less
- saturated fat- 2 grams or less
- sugar- 15 grams or less

As always, if you plan to send in a birthday snack for your child’s class, please inform your child’s teacher. Snack items must follow the “Choose Sensibly” healthy snack guidelines.

The following are some suggested foods:

- Pre-packaged fresh fruits or vegetables
- Mini-muffins/mini-cupcakes NO nuts
- Pre-packaged snack bags of popcorn, pretzels, etc.
- Cereals without sugar coating

Please DO NOT send in regular cupcakes or doughnuts. These full-size treats exceed the guidelines and will NOT be shared. We prefer that you consider a non-food alternative.

During the 2016-2017 school year, our SBMT reviewed this policy related to the distribution of food for birthday celebrations. Although the SBMT did not make any changes to our school guidelines at that time, we continue to monitor adherence to District Wellness Policy.

Thank you for your cooperation. Please call your teacher with any questions.

Sincerely,

Dr. Alison Clark
Principal

Mrs. Lynn Winters
Assistant Principal