



Pasadena Elementary School

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Karen Heitner
Principal

Jodi Marchese
Assistant Principal

Dear Pasadena Families,

In 2006 the Board of Education adopted a “Wellness Policy on Nutrition and Physical Activity.” Since its inception, our Site Based Management Team discussed various ways we could implement this policy, such as changing fundraisers, sponsoring programs to highlight wellness, 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. In an effort to follow the guidelines, 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 if the guidelines for *healthy snacks are followed. Non Food celebration ideas are *strongly* encouraged. The PTA offers Birthday Boxes that can be purchased and include a non food item as well as food items.
- 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:

- ***Fresh fruits or vegetables-pre-packaged is recommended***
- ***Cereals without sugar coating***
- ***Mini-muffins or mini-cupcakes without nuts***
- ***Pre-packaged snack bags of popcorn, pretzels, etc.***

Please DO NOT send in regular cupcakes and doughnuts. These full-size treats exceed the guidelines; therefore, we are requesting that they not be sent in to school. We would prefer that you consider a non-food alternative. If these items are sent to our school they will not be served.

Thank you in advance for your cooperation. Feel free to call your teacher or one of us should you have any questions.

Sincerely,

Karen Heitner
Principal

Jodi Marchese
Assistant Principal