

MEMORANDUM

July 15, 2015

TO: Dr. Jack Silva, Assistant Superintendent
Vivian Robledo-Shorey, Director Student Services

FROM: Wellness Committee, Kathy Halkins, RN,
Supervisor Health Services Services, Chair Wellness Committee

SUBJECT: Recommendations for Parties and School Activities

To align with District, State and National wellness guidelines, as well as to meet the State allergy guidelines, the Wellness Committee proposes the following outline for all school effective for the 2015–16 school year:

- ✓ Birthdays -no food treats in class or classroom parties. Parents are invited to coordinate classroom activities, book readings or other non food celebrations with classroom teachers. In addition, no take home “goodie” bags will be permitted. This will eliminate allergy prone snacks.
- ✓ Classrooms - no food or candy rewards. Students should not be given any food or candy as a classroom reward. In addition, no food items will be used as classroom manipulatives, i.e. math class.
- ✓ Class room parties and celebrations (traditional holiday celebrations such as Fall Harvest Celebrations, Valentine’s Day, Christmas break, and end of marking period celebrations) will be limited to food items that meet the healthy snacks in school guidelines with one exception. The exception may be a sweet item. The drink shall be either a juice box or water. No soda will be offered. The district dietary department is available to offer support in the selection of appropriate food items that meet the state uidelines.

All schools and all grade levels will follow the guidelines listed above, schools are free to incorporate culturally appropriate and enriching activities to their plans.

In addition, building administrators will:

- Meet with parents at the start of each school year to explain the new guidelines.
- Make parents aware of the guidelines via their school newsletter and at the back-to-school parent assemblies.
- Stress the safety concerns of severe allergic reactions surrounding food brought to schools, in addition to wellness, overweight and obesity issues.

Party and School Activities Guidelines and Procedures

To align with District, State, National and Allergy Wellness Guidelines, all Bethlehem Area School District schools are being directed to follow the practices outlined below for the 2015-16 school year:

BIRTHDAYS

No food treats, ie, cupcakes, brownies, donuts, etc. OR goodie bags should be offered to students.

Alternative suggestions: Parents could send in a book, game, or other useful item for the classroom or library. Parents could be invited to visit their child's classroom to read the book or participate in another previously approved activity.

SEASONAL CELEBRATIONS (including end of marking period celebrations)

No food or drink, especially soda, items containing sugar or unhealthy ingredients should be offered.

Alternative suggestions: Healthy snacks and drinks can be provided for class parties.

In lieu of food items, a craft related to the holiday, a movie or seasonal event could be made or games could be played. Schools could use this opportunity to incorporate culturally appropriate and enriching activities to their celebrations.

GENERAL

- ✓ Students may not be given any food or candy as a classroom reward, ie, lollipops, smarties, etc. In addition, no food items will be used as classroom manipulatives, i.e. math class.

In support of these directives, building administrators will:

- ✓ Meet with room parents at the start of each school year to explain these guidelines.
- ✓ Make all parents aware of the guidelines via the school newsletter and beginning of year back-to-school events.

- ✓ Stress the safety concerns of severe allergic reactions surrounding food brought to schools.
- ✓ Stress the issues surrounding childhood obesity and other health-related concerns of overweight children.

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