

Wellness Guidelines for Classroom Celebrations August 29, 2018

- School nurses will provide a list of allergies in a class to the room parents at the beginning of the year. Room parents can make party requests accordingly.
- Room parents are also asked to remind their class parents that anyone bringing in food must drop it off with the school nurse, and must include the original packaging and/or list of ingredients. The nurse must check for allergies prior to handing out the treats.
- Food is an allowable part of our **four in-class** celebrations during the school year: **Halloween Party**, **Holiday Party**, **Valentine's Day Party**, and **End-of-Year Party**. (Please see back page for list of acceptable foods).
- The district encourages families to send in non-food or approved items for **Valentine's Day**. All items that are sent in for Valentines Day will be sent home. No items will be consumed at school.
- A non-candy sweet treat is allowable at the **Holiday Party** and the **End-of-Year Party** only, as an exception to the general Wellness Policy. An ice cream sundae/ice cream social can be the sweet treat at the **End-of-Year Party**, at the teacher's discretion.
- Water only. It's simpler and healthier.
- No food to celebrate birthdays. The PTO will provide suggestions for ways to mark birthdays that do not involve food. As an example, using books instead of snacks.
- A limited number of pizza parties will be allowed during the school day and will be at the discretion of the building administrator.
- Room parents are responsible for making sure their requests for party donations comply with the Wellness Guidelines.
- The Wellness Guidelines, as well as suggestions on healthy snacks, will be posted on the school website and on the PTO page. Wellness Guidelines will also be distributed to room parents and teachers at the beginning of the school year.
- The Wellness Guidelines are intended to reduce the sugar-intake of students and promote healthier alternatives at parties. Part of that is also portion control- these parties usually happen before or after lunch, and too much food is unnecessary. Parents are asked to keep this in mind, especially for younger students whose appetites are smaller.

In Class Celebration Guidelines

- Fresh Fruit/Vegetable Snack
- Pretzels or crackers/sliced cheese or string cheese
- Pudding or Jell-O cups (3.5 oz)
- Bite-sized cookies or brownies
- Chocolate dipped strawberries
- Mini cupcakes
- Water only please

Please visit our school website for more ideas or our Pinterest page at:

<https://www.newhtfd.org>

<https://www.pinterest.com/newhartfordwell/>



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