

Health and Wellness for Wilshire Park Students



Last spring our teaching staff learned about some **new federal mandates** for students regarding food consumed at school. **This is an effort to help our students live a healthy life and make good choices about the food they eat.** We learned that as of June 30, 2017, schools should not use non-nutritious foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan.)

We also learned that due to concerns about food safety, allergies and nutrition: **food and beverages cannot be a part of student birthday celebrations.** I know this will be a disappointment to many of our students who have enjoyed bringing in and sharing treats on their birthday. If you would like ideas on celebrating your child's birthday at school see the list of suggestions below.

Ideas for Celebrating your Child's Birthday at School

- Bring in a new book, game or small gift for the classroom to share.
- Send party favors such as pencils, stickers, erasers, notepads, etc. to share with the class.
- Create a poster where each student will write a nice note to the student to take home with them.
- Contact the teacher to help organize a craft project or favorite game for the special day.

These new mandates will also encourage our teaching staff to be thinking of creative ways to **reward students that are not based on foods or beverages that are low in nutritional value.** Please note that teachers can still have food or beverages at whole group classroom parties if they are included or similar in the examples of the Smart Snacks that are listed below.

Examples of Smart Snacks:

- Baked chips
- Dried fruit like raisins or craisins
- Frozen yogurt (4 oz cups)
- Fruit Snacks (1.55 oz)
- Fruit-based popsicles/bars
- Popcorn (low sodium, low fat)
- Sugar-free pudding cups
- Whole fruit such as grapes, apples, tangerines, bananas, pears, clementines
- Whole grain cereal, oat or granola bars (be nut aware)
- Whole grain graham crackers, crackers or cookies (portioned)

We thank you in advance of understanding and following these new guidelines!

Kari Page
Principal

Health and Wellness Notification:

Due to federal mandates, I understand that families are **no longer allowed** to provide birthday treats for my child's birthday in school.

Child's Name (Print): _____

Parent/Guardian Signature: _____

Parent/Guardian: To help teachers better track permission forms, there will be a form on your child's desk at Meet and Greet on which you can acknowledge and sign all permission forms for the 2017-18 school year. You do NOT need to sign this form, however, please keep this information for future reference.