



Dear Parents,

At McPolin Elementary School we are conscious of the types of food that we welcome into our building and offer to our students. Our goal is to model healthy food and activity choices, and to help students who live with dietary restrictions.

We need your help in keeping unhealthy treats out of the classroom. At McPolin Elementary School, non-food celebrations have become the rule, rather than the exception. We recognize that this is not an easy habit, or always a welcome one. However, in the long run, it is better for our students.

We must ask for your help and support of this expectation and policy. **One of the greatest hurdles we face is birthday celebrations.** We well know this can be disappointing to our many fine dessert chefs, and everyone else who enjoys a birthday cookie or cupcake - who doesn't? However, with over 400 birthdays to celebrate in the course of a year, there are simply too many opportunities for our students to eat unplanned and unhealthy foods.

There are non-food options that have tremendous appeal for kids. Something as simple as a pencil or eraser to share with each student can be exciting and fun for the birthday star, because it's the act of sharing that offers the most fun.

My favorite option for a classroom birthday celebration is **a gift of the birthday student's favorite book.** This offers the student a spot in the limelight while the teacher (or student) reads the book to the class. The parent or teacher and student can inscribe the name and date in the front cover and add the book to the class library. This sends a strong message about the value of literacy, and is a lasting tribute to the birthday student's book choice.

Beyond birthdays, there are myriad opportunities for snacking. For those appropriate times, we will seek healthy snack options. In order to be in compliance with state law, any food served at our school must be prepared in a commercial kitchen. **The following snacks will be permitted at McPolin Elementary School:**

Vegetables	Fruit	Popcorn	Cheerios
Triscuits	Saltines	Cheese	Wheat Thins
Pretzels	Cheezits	Ritz Crackers	Goldfish

Please be aware that there may be occasions throughout the year in which your teacher may desire to bend the rules regarding unhealthy treats. **Teachers will offer ample notification to parents, and offer an alternate choice to all students.**

Thank you in advance for your understanding and support of this policy.

Sincerely,

Bob Edmiston