

## Wellness Guidelines for Classroom Celebrations August 28, 2017

- 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*.
- 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.
- School nurses will provide a list of allergies in a class to the room parents at the beginning of the year, so the room parents can make party requests accordingly.
- 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/>



\*\*\*An ice cream sundae/ice cream social can be the sweet treat at the **End-of-Year Party**, at the teacher's discretion.\*\*\*