

**GREAT NECK PUBLIC SCHOOLS
SADDLE ROCK SCHOOL
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ERIC NEZOWITZ
Principal

LUCIANA BRADLEY
Assistant Principal

“Smart Choices, Kind Voices”

Dear Parents,

The Board of Education is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. Therefore, as part of an ongoing effort to create a healthful school environment and to ensure that all school-based activities are consistent with Board of Education policy, our Wellness Committee has established the following guidelines, subject to change by the Board of Education. We respectfully ask that you follow these established guidelines.

- Our goal is to have healthier foods in the building, and to reduce the amount of times that food is offered in an effort to promote healthier and safer lifestyles for all of our students.
- **Birthday parties will include healthier choices and will be held on a monthly or seasonal basis in grades 1-5.** All birthday celebrations (grades K-5) must adhere to the 48-hour food notification policy.
- Food will no longer be part of writing celebrations and other celebrations such as the start of a vacation or the end of the school year.
- Home baked goods are no longer permitted.
- No food will be permitted on the bus.
- No birthday goody bags are permitted under any circumstance. If they are brought in, they will be sent home.
- Parents are required to contact the classroom teacher and the school nurse to discuss their child’s food allergies at the start of the year.
- Please follow the guidelines below for the following holidays:
 - Halloween:** Food is not permitted with the exception of approved curriculum related activities at the discretion of the classroom teacher.
 - Thanksgiving:** Food is permitted at the discretion of the classroom teacher.
 - Valentine’s Day:** Food is not permitted with the exception of approved curriculum related activities at the discretion of the classroom teacher.Food will not be permitted for any other holiday.
- Any food sent in to school that does not adhere to the above guidelines will be sent home and the parent will be notified.

As our nation works towards promoting good nutritional habits through Michelle Obama’s *Let’s Move!* campaign, our school is dedicated to teaching children how to lead healthy, active lifestyles. In addition, some of the research indicates that food allergies affect approximately 8% of children younger than age 18. While we understand that this is a major shift in our policy, we kindly ask that you follow these guidelines so that we may create a healthful school environment and bring a higher level of awareness about allergies to our school community. Specific questions about any of the Wellness Committee guidelines can be brought to the attention of the administration.

Thank you for your support.

Sincerely,

Saddle Rock Wellness Committee