

## **Food for Thought: School Celebrations and Policy**

The Newhall School District maintains a Student Wellness Policy. In conjunction with this policy and in an effort to promote healthy living, Oak Hills School will adhere to the following policy:

### **Classroom Activities and Celebrations that include food:**

If food is to be part of celebrating in school, it may only occur in accordance with the Newhall School District Wellness Policy that allows for the classroom teacher and room parent to plan **one monthly classroom party** (this includes birthday, seasonal celebrations, thematic events, etc.). Food items shall fall within the guidelines listed below. Food items that do not meet this policy will not be distributed. All food items must be store bought and include a list of ingredients due to possible allergies on campus. Excess and non-compliant items may not be distributed and may be sent home with the student who brought them.

1. The coordinating parent(s) must work directly with the classroom teacher and have all activities and plans approved. Celebrations with food occur one time per month or less.
2. Food items shall fall within the NSD Nutritional Standards  
Foods must be one of the following:
  - Whole Grain, Dairy, 100% Fruit (including juice), 100% VegetableFoods must also be:
  - Less than 175 calories per serving and follow the 35/10/35 rule: No more than 35% calories from fat, no more than 10% calories from saturated fat, not more than 35% total weight from sugar.

### **Birthday Celebrations:**

Birthdays are a special day for many students. Each student will be acknowledged for their birthday by school staff. If parents come to class to do something special for their child's birthday they must coordinate this with the teacher and may not bring in food items. Parents can share a book or give out fun pencils. Large items, such as balloons or flowers, may not be brought to the classroom.

With your support we can ensure the health of our children.

*Wendy Maxwell*

Wendy Maxwell

Principal

Oak Hills Elementary