



Dear Families,

We love to celebrate! Birthday parties and holiday celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand. We recognize that a child's birthday is a very special day of the year for him / her and we want his / her day to be fun and safe while at school. We started the 2018-2019 school year with all MSD Warren Schools aligning their birthday celebration policies to the district's wellness policy and had much success! We will be following this same policy for the 2019-2020 school year. As part of our efforts towards health and wellness, we will be continuing a "no birthday treats" guideline. The purpose of this is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating, physical activity and healthy choices.

Why does this matter?

- Foods that are used in celebrations are typically high in sugar, fat, and salt with little to no nutritional value, and can play a role in establishing kids' preferences for unhealthy foods.
- Encouraging kids to eat healthy foods, but at the same time rewarding good behavior with unhealthy foods, could send mixed messages.
- Additionally, due to the increase of students with food allergies, schools must be extremely careful with any food items entering the school building.

We know it's important to honor a birthday. Please **do not** send in a food item for your child's birthday. Let's celebrate their special day in a different way. Ideas to consider:

- **Birthday Library:** Donate your child's favorite book to the classroom library to read together;
- **Games or Crafts:** Arrange with us to bring in a game or craft to be completed in honor of your child;
- **Party Hats:** Send in party hats for your child's class to wear all day for the special occasion;
- **Stickers:** Donate your child's favorite stickers to the classroom to create birthday cards for your child.

Thank you for supporting our efforts in keeping our kids happy, healthy, and eager to learn. For more information on the district's wellness policy and to find resources on non-food celebration ideas please visit the district website at: <https://www.warren.k12.in.us/o/msd-of-warren-township/page/wellness--10>

Sincerely,

Timothy E. Hanson, Ed.D
Superintendent of Schools