**South Mountain Elementary School**

Northern York County School District

711 S. Mountain Road

Dillsburg, PA 17019

Telephone (717) 432-8691 Ext. 1700 0 Fax (717) 502-1472

*Mr. Jeff Clifton, Principal*

Dear Parent/Guardian,

Many students enjoy the tradition of bringing treats to highlight their birthday at school.  In recent years, parents and educators have found alternative ways to make this a special experience for the child without the use of sugary or preservative-laden snacks.  These food items are a problem for students with food allergies, as well as individuals with diabetes, obesity, celiac disease and other medical conditions.

Due to the variety of health conditions within the school setting, we appreciate your understanding and support of shifting to a healthier focus on food.

**We are suggesting the following options**:

Although birthday parties are not held in our elementary schools, instructors typically take a few moments to recognize the student's special day.  It is not required to send in a food item to share with classmates, however, for parents wishing to do so, a list of Healthy Options for Healthier Celebrations can be found on our NYCSD website, under Health Services link.  This list is additionally referenced on the back of this letter for your convenience. Ultimately, non-food recognition is encouraged, as our instructors typically recognize a student's special day with a song, birthday crown/badge, or some other form of special activity.

This healthy focus is additionally recommended for any Holiday Parties that take place each year.  Nutritious snacks with an emphasis on friendship building, special craft or service project are best practices for this class family time.

Thank you for your partnership in promoting healthy choices in our students. We greatly appreciate your support.

With regards,

Jeff Clifton Mary Zinn

*Principal School Nurse*

**HEALTHY OPTIONS FOR**

 **HEALTHIER CELEBRATIONS**

**![C:\Users\George\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FSI3ISQU\0060-0807-1218-2005_Kids_Jumping_in_the_Air_and_Having_Fun_clipart_image[1].jpg]()**

**Student recognition/celebrations are fun and memorable when including healthy activities and student involvement. Here are some student “birthday recognition” options.**

1. **Student Selected Activities/Recognition Examples**

(Talk to your child’s teacher about options)

**Lunch with their teacher**

**Teacher helper**

**Homework pass**

**Choosing a special guest to read favorite book**

**Wear birthday crown/badge**

**Show and tell**

**Sharing non-food item with classmates**

1. **Healthy Snack Suggestions – Fruits and Vegetables**

This list is in support of the USDA standards, *Smart Snacks in School.*

**Dried Fruits**

**Raw Fruits**

**Can fruit packed in water or 100% juice**

**Raw Vegetables**

**100% fruit juice**

**Plain water**

**Unflavored or flavored fat free milk**

***Thank you for promoting healthy choices.***

***Discuss options with your child’s teacher.***