

PARENTS:

Please review the following information from our Family Handbook. Due to the growing number of food allergies, we have amended section 3. , asking that you send only non-food items to school for distribution as treats. This is also the case for birthdays. For a list of suggestions, please contact the school office. Thank you for your cooperation.

Nutrition and Wellness

All Saints' Episcopal Day School is committed to providing a healthy school environment that promotes and enhances student well-being and the ability to learn. We believe that we are responsible for providing ample opportunities for students to have physical activity and education, learn about nutrition and wellness, and to be provided with appropriate food choices throughout each school day that will nourish their growing bodies and minds. Additionally, we are concerned about food allergies and specific nutrition needs that many of our students have. **Parents play a critical role in the success of this plan.** Some guidelines set forth in our Nutrition and Wellness Plan include:

1. **Snacks:** You may send the snack of *your* choice with your child. We encourage you to send a healthy snack if possible.
2. **Lunch:** Sodexo, the food service for our lunch program known as Crusaders' Café, provides nutritious meals that are USDA approved. Menus rotate on a monthly basis and offer a Hot Line option or Smart Market option. You may send in lunch on any day.
If your child is bringing lunch, please send it with him/her in the morning. Delivering lunch during your child's lunch time is disruptive and should only be reserved for when he/she left the lunch at home. We discourage fast-food from being brought into the school as well.
3. **Rewards/Treats:** Our teachers may offer treats or rewards to students as they achieve certain academic or behavioral successes. These items will be non-food. If *you* choose to send in treats for distribution to the students in your child's class, please be sure to send in non-food items such as stickers, pencils, etc.
4. **Birthday Celebrations:** We love to celebrate birthdays! If you wish for your child's birthday to be celebrated at school, please communicate with your child's teacher about when and how this will be done. We encourage you to come up with a class activity that you or your child can do with the class.

