

Dear Parents or Guardians,

This letter is written to share information with you about District wellness policy/practice that addresses **no birthday treats**.

Last year our school district enacted a health and wellness practice of **no birthday treats**. This decision was made after much thought and discussion at a District level, as a community, and as a staff. There are a variety of reasons why this change has been made the main one being; to coordinate and align our district's wellness policy with federal regulations.

The purpose of the wellness policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The policy brings together current research to create guidelines that help us with healthy choices for all of our students. It outlines things to consider pertaining to nutrition education and promotion, physical activity, and monitoring. The complete policy is available on the Edina Public Schools website:

<http://www.edina.k12.mn.us/district/board/edinabpm/5000/5149.pdf>.

Other rationale for restricting treats at school includes:

- Loss of instructional time
- Expense
- Equity
- Allergies
- Our **new no birthday treats policy** compliments our healthy snack policy of fruits and/or vegetables, cheese and yogurt snack break guidelines.

For many families this practice is not new as a number of our teams initiated the **no birthday treat** policy in their classrooms during the 2008-2009 school year. For others this will be your family's first encounter with this policy. WE realize not everyone supports this change. Please know that parental support has been more than favorable from the schools and classrooms that have moved in this direction.

Please know that we are not trying to take the fun out of birthdays. Classroom teachers will continue to recognize children on their special day in special ways.

Thanks in advance for your support of this policy and for helping promote healthy snacks at Countryside.

Karen Bergman
Principal