

**Saint Elizabeth Regional School  
Wellness Committee**

Dear Parents,

The Pennsylvania Department of Education State Law #108-265 Section 204 has required all schools in Pennsylvania that are enrolled in the National School Lunch Program to implement a School Wellness Policy effective with the 2006 – 2007 school year. Our Wellness Committee has constructed our policy and we are now in compliance with the state law.

The following are just a few guidelines that will enable us to comply with our new policies.

- ◆ Please pack a small, healthy snack for your child each day.
- ◆ Birthday celebrations and class parties will be held in the afternoon only.
- ◆ If your child's birthday falls on a non-school day or there is more than one birthday on the same day, the teacher will decide on a fair way to assign a certain day to celebrate each child's birthday. You will be notified in advanced of the selected date for celebration. Healthy foods are of course the goal of this program, however for birthday and holiday celebrations the following exceptions will be allowed per child:
  - ☺ Cookies: 1 ounce or less = 2 average size cookies OR
  - ☺ Bakery items: doughnut = 1, OR cupcake = 1, OR mini cupcakes = 3 OR doughnut holes = 3 OR 2 ½ X 2 ½ piece of brownie
  - ☺ One cup of fruit drink or caffeine free diet soda.
  - ☺ Always permitted is water or 100% fruit juices not to exceed 12 ounces
  - ☺ NO CANDY!

The Pennsylvania Department of Education stresses portion control for non-nutritious foods as those items listed above. Each teacher will have a copy of this list in the classroom. All food that is leftover after the celebration will be sent back home with your child.

We ask for your full cooperation in this matter as we strive to meet the requirements set in the School Wellness Policy and to provide better nutrition and wellness for all the children at Saint Elizabeth Regional School. In the near future you will find healthy suggestions for wellness on the school web site at [www.sercc.org/school](http://www.sercc.org/school) and in our school newsletter. If anyone has healthy ideas or recipes to contribute please send them to the school office.

Thank you and God Bless,  
The Wellness Committee