

# Mid Valley Elementary Center

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Dear Parents or Guardians,

On July 29, 2016, the Food and Nutrition Service at USDA published the final rule and thus regulations of the local School Wellness Policy implementation under the Healthy Hunger Free Kids Act. This rule requires all educational agencies participating in school lunch and breakfast programs establish specific guidelines that promote the health of our students, address the growing problem of childhood obesity and promote nutrition education and physical activity. This letter is written to share information with you about the Mid Valley School District's wellness policy/practice that addresses **no birthday treats**.

Next year our school district will enact a health and wellness practice of **no birthday treats**. This decision was made after much thought and discussion at a District level, and building level, with our community, and staff. There are a variety of reasons why this change will be implemented with the main reason 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 student 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 Mid Valley School District's website: <http://www.mvzd.us> under the parent tab. If you would like to read how PTA and parents can assist schools with this policy please check out the website <https://www.pta.org/home/programs/Healthy-Lifestyles/School-Wellness-Policies>

Some of the rationale for restricting treats at school includes:

- Loss of instructional time
- Expense
- Equity
- Allergies
- Diabetic concerns
- Helping address the obesity concerns of our nation

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 some of our teachers initiated the no birthday treat policy in their classrooms during the 2017-2018 school year. For others this will be your family's first encounter with this policy. Please know that parental support has been more than favorable from the schools and classrooms that have moved in this direction. Classroom teachers will continue to recognize children on their special day in special ways. Some of the methods we will use to recognize our students include students with birthdays and their classmates enjoy extended recess, allowing for additional interaction and physical activity. In addition students will also be recognized during the morning announcements and on a birthday board displayed in the cafeteria. Thank you in advance for your support of this policy and for helping promote healthy snacks at Mid Valley.

Together, we will Educate, Inspire, and Excite, our students at Mid Valley.

Sincerely,

**The Mid Valley Wellness Committee**

The Mid Valley School District is an Equal Opportunity Employment, Educational and Service Organization  
Webpage: <http://mvzd.us>