

Sample School Newsletter Information
Topic: Wellness

Elementary Version:

Our school district has taken a positive step towards student wellness by adopting a district wellness policy that impacts your child and his or her classroom. This policy sets specific nutrition guidelines for foods offered during the school day.

Vending machines have been changed to offer healthy food choices, or they've been eliminated entirely. We now also limit items brought to school to share with the entire class. An example of something no longer allowed would be cupcakes or brownies brought to celebrate a student's birthday. Healthy alternatives such as fruits, vegetables, angel food cake, low fat pudding/yogurt or low fat popcorn will be welcome for any classroom celebrations. Your child's teacher may have some suggestions for healthy alternatives.

If you have questions about this information or the district wellness policy, please feel free to contact us at the school. The district's web site also has information about the policy (www.asdk12.org/events/snacks.asp). We know you'll rest easy knowing that your child is maintaining a healthy diet while at school.

Sample School Newsletter Information
Topic: Wellness

Middle & High School Version:

Our school district has taken a positive step toward student wellness by adopting a wellness policy that affects every school and classroom in the district. This policy sets specific nutrition guidelines for foods offered during the school day.

The biggest change you'll notice in our school is the absence of soda and junk food in vending machines. These items have been replaced with healthier alternatives, including water, flavored water and fruit juice. Students may notice new items offered in the lunch program, such as low-fat pizza. Eliminating high-fat, high-sugar items has allowed us to expand our free and reduced-price lunch program as well.

This policy applies to all foods served and sold between 6 a.m. until 30 minutes after the school day ends. Students, staff and parents will see changes in the school store, in fund raising programs and in food offered during classroom celebrations. If you plan to send items in for your student to share with the entire class, please be sure they meet the healthy guidelines outlined below:

- less than 30% of calories from fat
- less than 10% of calories from saturated fat
- less than 35% added sugar by volume of weight
- sodium less than 600 mg

We hope parents will support these changes and encourage students to bring healthy snacks and lunch items to school, however the policy does not apply to items students bring for their personal consumption. Suggestions for healthy snacks and information about the district wellness policy are available online at www.asdk12.org