



Pocono Mountain School District

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Dr. Catherine Sweeney

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Dear Parents/Guardian:

This letter is to inform you of the Pocono Mountain School District policy regarding school and classroom parties. Our policy is in compliance of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, signed by President Bush in July 2004. The law states nutritional guidelines must be developed for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.

In order to comply with the Wellness Policy and to promote student health there will be a change in classroom birthday parties and celebrations. The classroom teacher will designate one day a month to celebrate student birthdays. Birthday celebrations will be short and simple so not to take away from instructional time. Summer birthdays will be celebrated the last month school is in session. Holiday celebrations will be organized by the classroom teacher.

The policy encourages healthy foods for classroom parties and holiday celebrations; such as fresh fruits and vegetables, baked goods that are low in sugar and fat, beverages are limited to water, 100% fruit juice, or 1 percent milk, and portion sizes be limited to single servings. It is suggested that parents, whose child will be celebrating a birthday, collaborate regarding party items to be brought to class with your child's classroom teacher.

Thank you in advance for your help and compliance with this federal mandate.

Sincerely,

Catherine Sweeney

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Assistant Superintendent for Curriculum and Instruction

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