

Wellness Policy Guidelines during the School Day (Classroom Parties, Celebrations, Classroom Rewards)

All foods offered during the school day must be items of 100 calories or less, 0 grams of trans fat with recommendations of less than 4 grams fat and less than 9 grams sugar. No candy or sodas will be allowed. **Items are to be store bought** with Nutritional Information visible. Food prepared in a private home may not be served at school to students because knowledge of ingredients, sanitation, preparation, and temperature of food in storage or transit is not available. In addition, quality and sanitation standards cannot be controlled. Exceptions to store-bought items can be made by the principal for grade-level/school-wide curriculum related events.

- One day per quarter will be allowed for school-wide celebrations. These are the only exempt days.
- **Birthday celebrations with treats must follow Wellness Policy Guidelines.**
- Teachers can set their own guidelines for students' snacks in classrooms.

Birthday Celebrations Suggestions:

The requirements of our district's Wellness Policy limit the items that can be provided to students during school hours. Below is a list of possible items that students can bring to celebrate their birthdays.

fresh fruits
bagels
Animal Crackers
low fat pudding
cheese & crackers

pretzels
graham crackers
granola/nutrition bars
popcorn
yogurt

Other possible birthday treats:

bookmarks
pencils
non-food goody bags

Peanut & Latex Allergy Alert!

We have students with severe Peanut and /or Latex allergies at Falcon Elementary School. In order to help keep all of the students safe, please be aware of the following:

Nuts, peanuts and peanut products

These items may be consumed in the cafeteria but not in the classroom.

Chocolate

Many chocolate candies contain peanuts or are made in factories that use peanut products.

Latex Balloons

Please do not send your child to school with them or bring them yourself.

Thank you in advance for your help in keeping all of our students safe and healthy.