



Saint Katharine Drexel Regional Catholic School
Embracing Leadership, Love, & Legacy

August 20, 2015

Dear Parents,

We are committed to providing a rigorous academic program for students. Additionally, the overall wellness of our students is of equal importance. As a school, we must promote healthy eating habits as good nutrition and exercise are critical to the wellness of our students. For these reasons, and to accommodate the increasing number of students' medical and food allergy needs, we are promoting a change regarding birthday celebrations and classroom parties.

Birthdays are a special time for students at SKD and we need your support. While many families enjoy special food treats at home, **in accordance with the Archdiocese Wellness Policy, the Council Rock School District, and our school health committee, no food/candy treats will be allowed at school for birthday celebrations.** This practice will help support healthy alternatives for celebration, reduce interruptions in class time, and will protect the large number of children who have a variety of food related allergies and medical needs. Each month, we will honor our students' birthdays by gathering the school gymnasium for community prayer at the beginning of the day. Names will be announced, and a special birthday blessing will be given. Parents of these children will be invited to attend if their schedules permit.

For Classroom Parties, we are requesting that no more than one sugary/low nutrition food item be offered that all foods are nut-free. The focus of classroom parties should continue to be on the social, celebratory aspect of the event rather than food. We ask that all parents coordinate with Homeroom Parents before sending any items for class parties.

Exposing students to healthier treats is a great step toward developing healthier habits. Your support of our children and promoting healthier eating habits is greatly appreciated.

God's blessings,
Ms. Clark
Principal