

LONGMEADOW PUBLIC SCHOOLS

Longmeadow ♦ Massachusetts ♦ 01106

“Eyes On The Child-Learning”



Marie Doyle, Superintendent of Schools
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Dear Parent/Guardian:

The Longmeadow Public schools is committed to providing school environments that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Schools contribute to the basic health status of students and staff by facilitating learning through the support and promotion of good nutrition, physical activity, and positive dietary and lifestyle practices. In compliance with Section 204 of Public Law 108-265 –June 30, 2004, and recommendations by the Massachusetts Department of Elementary and Secondary Education and Public Health, the Longmeadow School Committee approved a Wellness Policy on June 12, 2006. The intent of this policy is to outline the district's ongoing commitment in support of wellness in the areas of nutrition, physical activity, and other school-based activities that promote health and wellness. After two years of communication and awareness about the policy, we are continuing to implement the approved policy changes as planned. Further, we believe that community participation and parental support is essential to the development and implementation of successful school wellness policies.

The Longmeadow School District aims to teach, encourage, and support healthy eating by students. Parents will be asked for their cooperation in not bringing in home baked goods from home, however, store bought packaged items will be allowed as long as they comply with the Wellness Policy nutritional guidelines and the ingredients are listed on the package. Chartwells will offer peanut free cookies which are available for parties.

Each year has seen an increase in students with serious food allergies, and we must take responsible steps to ensure their safety by exercising control over the food products that are distributed to children in school. We ask families to adhere to listed nutritional guidelines if purchasing baked goods. Unfortunately, many store-bought baked goods do not adhere to the guidelines so we are asking your cooperation when bringing items into the school.

You are asked to do the following:

- Chartwells will have available for purchase peanut free cookies
- No baked goods from home
- Students are allowed to bring their own snacks to school
- Only 100% juice, water or milk will be allowed for school/classroom celebrations
- No candy is allowed

Thank you for your cooperation.

The Wellness Policy and Supplement are posted to the Longmeadow Public Schools website
<http://sites.longmeadow.k12.ma.us>

If you have any questions, please let me know.

Sincerely,

Maureen Wilson
Assistant Superintendent