



Dear Parents or Guardians:

This letter is to inform you of a change in practices that address the health and wellness of students at Arrowhead. Our school is implementing a “no birthday treats” guideline. This decision was made after much thought and discussion at the building and district level. There are a variety of reasons why we made this change, the main one being to coordinate with our district’s wellness policy on making health choices, in alignment with federal guidelines.

Other rationale for restricting treats at school include the following concerns:

Allergies: Due to the increasing number of students with food allergies, schools have had to be extremely careful with any food items entering the school building. It is a safety issue and something that we need to take very seriously.

Promoting Healthy Lifestyle: The federal Centers for Disease Control and Prevention estimates that one in six school-age children are overweight; triple the proportion in 1980. The agency has projected that one in three children born in 2000 will eventually develop a form of diabetes linked to being overweight.

Equity: Some parents are not able to provide treats for their child on birthdays or special days because of financial hardships.

The purpose of this change is to assure a school environment that promotes and protects students’ health, well-being, and ability to learn by supporting healthy eating, physical activity, and healthy choices. This change brings together current research to create guidelines that help us with healthy choices for all of our students. If you are interested in reading the district’s policy on wellness, it is available on the District website.

Arrowhead staff will continue to recognize and celebrate students on their special day in special ways.

Thanks in advance for your flexibility and for caring about the health of our students.

Sincerely,

Stephen Wylly
Principal