

## WELLNESS POLICY FOR CHRIST THE KING SCHOOL 2013-2014

In light of continuing concerns and the prevalence of childhood obesity in our state, and with respect for classroom concerns, the faculty, staff and administration of Christ the King School have formulated a policy for our school.

What we pledge to do:

1. We will not use candy as a reward.
2. We will renew our request to the cafeteria to increase whole grains, fresh fruits and vegetables and limit fats and sweets whenever possible.
3. Limit birthday celebrations to the classroom only. (please do not send extras—most faculty are watching what they eat and some have health restrictions)
4. We are planning faculty opportunities to increase fitness and ways to increase physical activities during the school day.

We ask that parents to:

1. Birthday treats be limited to the following: (except for Halloween when treat bags are sent home)

Plain donuts

Fresh fruit that is readily eaten (such as bananas, apples, tangerines)

Prepackaged fruit such as apple slices

Individual unfrosted Cookies (please no cookie cakes or other cakes). The cafeteria will provide cookies for the class for \$15.00 if you order one week in advance.

Unfrosted cupcakes

Muffins

Vegetables and dips

Granola bars

Crispy cereal treats

**\*\*\*All treats should be easily distributed in individual servings with appropriate plates/napkins/serving utensils as needed.**

2. Please send only enough for your child's class (not grade) and no extra for other teachers, the office, faculty, etc).

EFFECTIVE August 10, 2012

Revised October 16, 2013