



NEW MILFORD PUBLIC SCHOOLS
Office of the Assistant Superintendent
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Ms. Alisha DiCorpo
Assistant Superintendent of Schools

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Dear Parents and Guardians:

As you know, New Milford School District is creating a healthier school environment by supporting healthy celebrations in all of our classrooms. There are many benefits that healthy celebrations have for the students and school, such as promoting a healthy school environment, reinforcing healthy messages that support healthy behaviors, reducing health risks such as childhood obesity and other illnesses, helping students establish healthy eating habits early in life, and promoting positive lifestyle choices that improve learning.

Students do enjoy healthy celebrations! Healthy celebrations are just as much fun without the added treats and non-nutritious food and beverages. Please see the "Healthy Celebrations" handouts, "Ideas for Parents: Non-food ideas for Birthday Celebrations at School" handout as well as the "Classroom Celebrations" handout for examples of ways that school celebrations can be healthier. This list includes healthy ways that honor your child's birthday. Included are healthy snacks that you are encouraged to bring for celebrations. Non-nutritious foods and beverages such as cakes, cupcakes, candy, chips, ice cream, and sugar-sweetened drinks do not meet the CT Nutrition Guidelines and therefore, our School Wellness Policy, and are not encouraged.

The Healthy Alternatives for Classroom Celebrations list is not comprehensive and creative ideas are always welcome. If you have additional suggestions for healthy celebrations, let the principal, teacher, or School Wellness Team know.

Please help us create a healthy school environment. We appreciate your support! We welcome parent involvement through our School Wellness Team. For more information about the School Wellness Team, please contact your child's school principal.

Sincerely,

Alisha DiCorpo
Assistant Superintendent