



Dear Fox Parents;

In an effort to comply with the Belmont Redwood Shores School District Student Wellness Policy, Fox will be promoting a healthy school environment by limiting sugary snacks and promoting physical activity.

Please see the excerpts from the district's Student Wellness Policy below:

The Governing Board recognizes the link between student health and learning and desires to provide a program promoting healthy eating and physical activity for district students.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations should be scheduled for after the lunch period when possible

In order to help you celebrate while promoting our healthy school environment, attached is a list of suggested snacks and non-food party ideas.

Thank you for your cooperation.