

OCEAN AVENUE SCHOOL Northport, NY

Dear Parents,

As the new school year begins you may be resolving to make healthy changes in your lives. Here at Ocean we want our students to start off the year with some new healthy habits, as well. You may know that our district has developed a Wellness Policy on Physical Activity and Nutrition. We have been discussing how best to apply this policy in the elementary school setting. Our collective goal is to foster reasonable and manageable health habits that will stay with our children throughout their lives.

The following are our recommendations in the area of nutrition:

School Snacks: Please make every effort to send your child to school with healthy snacks. Soda should not be served at school. Water, juice and milk are the best drinks for children.

Birthday Celebrations: Our children love to celebrate their birthdays in school but a few changes have been made over the last several years. Within the classroom, children will celebrate with their classmates. The teacher and classmates will acknowledge a student's birthday with a special birthday crown, pencil, card, song, birthday banner or activity. Individual teachers will share their method of celebration. In addition, we have a birthday bulletin board in our cafeteria which lists all birthdays within the month. Our Fifth grade helpers also deliver a card with a charm from our Ocean family, as well as announcing the names of our birthday children over the loudspeaker during the morning announcements. Due to our desire to work within the Wellness Policy and the significant number of students with food related allergies, **please do not send in food items or goodie bags for birthday celebrations.**

Allergies: Many children in our school have peanut allergies. Children with this condition can suffer a life-threatening condition called anaphylactic shock when eating, touching, or even inhaling the particles from food containing peanuts or food that is made in a factory which also manufactures peanut products. Other children may experience allergies from such items as wheat, milk and other foods. On field trips, peanut products are not permitted. Teachers will contact parents regarding the specific food allergies in each classroom.

Thank you for taking the time to read our recommendations. We hope that you discuss them with your children and incorporate health and fitness in your family life as you are your children's most influential role models.

Sincerely,

Mrs. Larkin
Principal