



## Tierradel Sol

MIDDLE SCHOOL

*"Every student, every day"*

9611 Petite Lane

Lakeside, CA 92040

Ph. (619) 390-2670

Fax (619) 390-2518

SCOTT GOERGENS- PRINCIPAL

LESLIE HARDIMAN- VICE PRINCIPAL

### LAKESIDE SCHOOL DISTRICT HEALTH AND WELLNESS POLICY

Dear Parents,

Recently, throughout education, there has been a lot of discussion regarding child nutrition. In response to this, our district has implemented a new Wellness Policy that will be enforced this year.

Research clearly reveals a link between nutrition and fitness, good health, and ability to learn. This means that the food and physical activity choices children make now can affect their academic achievement and their productivity as adults. It is our desire to do all we can to help them be healthy and successful.



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Because of this, we ask you to follow the policy below at Tierra Del Sol Middle School:

- Please do not bring in food items for birthdays. If you would like to bring in items for a birthday, please consider fun, non-food items such as stickers, pencils, notepads, bookmarks, etc. Please check with your child's teacher for their classroom policy and/or suggestions. I know many of us have visions of cupcakes and cookies when we think of birthdays at school. Due to the new regulations, that is no longer an option, and those items will need to be at the home birthday party. But, there are certainly plausible, fun alternatives that can still be done at school.
- This is a district-wide policy. The reason for this is for consistency throughout the district. Please keep in mind that if we allow one student to bring in cupcakes, etc., we need to allow all, and your child could be having cupcakes 30 times during a school year. Yes - that would be a lot of cupcakes.
- Classroom parties, such as Valentine's Day, End of the Year party, etc. will be exempt from the no food rule, but must follow the district guidelines for "healthy snacks". Per Health and Safety Code 114021, food prepared at home cannot be distributed to other students. It must be commercially prepared.
- Students may bring healthy, nutritious snacks to school to eat during their morning recess time. Students may not share snacks with other children. Please note that some students have severe peanut allergies. Examples of healthy snacks: fresh fruits and vegetables, 100% fruit juice, water, 100% juice bars, fruit cups, string cheese, pretzels, etc. Examples of non-nutritious snacks: soda, cookies, cakes, donuts, candy, chips, etc.

We appreciate your help and support with this policy.

Thank you,

*SCOTT GOERGENS*

Principal