



Hollidaysburg Area School District

201 Jackson Street • Hollidaysburg, PA 16648

www.tigerwires.com

August, 2011

Dear Parents/Guardians:

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The Hollidaysburg Area School District recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. Our Student Wellness Policy (246) was implemented on April 16, 2008. This policy shows our commitment to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience.

All schools that participate in the National School Lunch Program are required by law to have nutrition standards to help promote good health and prevent obesity. By following the standards, we receive additional funds that will help us to ensure quality food choices ultimately promoting proper nutrition.

We understand that traditionally parents may send a "treat" for their son/daughter to share with their classmates on their birthday. Please understand that it is our responsibility to implement the Board Approved Wellness Policy, **which does not allow a "treat" such as cake, cupcakes, or cookies alone to be brought into the classroom.** According to the policy, a **classroom party must:**

- Be approved by the teacher and principal
- In addition to the "treat," **fresh fruits, and vegetables** must be offered for students who may not, for medical reasons, be able to eat the treat.
- The only acceptable beverages are: water, 100% fruit juice, or milk.
- Items that are not permitted: Soda, chewing gum, hard candy, jelly candy, marshmallow, candy corn, licorice, and candy coated popcorn.

If you are interested in providing a healthy classroom snack, a list of acceptable snacks is attached for your convenience.

Please check with your child's teacher to make sure classmates do not have any allergies or dietary restrictions to the foods you plan on serving.

The easiest way to celebrate your child's birthday at school is to provide a non-food item such as: stickers, pencils, erasers, book marks, rulers, or notepads. You may also consider donating a game or book for the classroom in honor of your child's birthday.

We appreciate your support of these procedures and thank you for helping us provide a healthy school environment for our students.

Sincerely,

Dr. Paul J. Gallagher
Superintendent