Holy Family School
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Dear Parents or Guardians,

This letter is to inform you of a practice that addresses the health and wellness of children at Holy Family. Holy Family has implemented a “no food birthday treats” guideline. This decision was made after much thought and discussion. There are a variety of reasons and rationale for restricting food treats for birthdays at school as follows:

1. During the reopening of Holy Family school we do not want any sharing of food taking place at our school and students are only allowed to eat the food that they bring from home.

2. Allergies / Medical issues /Promoting Healthy Lifestyles: Due to the increasing number of students with food allergies, schools have had to be extremely careful with any food items entering the school building. It is a safety issue and something that we need to take very seriously as we have many students with allergies to various foods.

3. Equity: Some parents are not able to provide treats for their child on birthdays or special days because of financial hardships. We also have students with medical issues such as diabetes or allergies and cannot enjoy the treat with their classmates.

4. Loss of instructional time: Although staff will continue to find creative ways of celebrating birthdays/special events with students, it is important to protect the instructional day. Distributing, consuming and cleaning up from birthday food items in the class takes valuable instructional time away from our children.

The purpose is to ensure a school environment that promotes and protects students’ health, well- being, and ability to learn by supporting healthy eating, physical activity and healthy choices.

Please know that we are not trying to take the fun out of birthdays. Classroom teachers will continue to recognize children on their special day in special ways and we will continue to announce your child’s special day via the school wide morning announcements.

We appreciate your understanding in knowing that food items sent in for a birthday celebration will be sent home. Thank you in advance for your flexibility and for your support.

Sincerely,

Aden Semenchuk
Principal of Holy Family School

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