



Dear Parents/Guardians:

Have you ever stopped to think about how much sugar our kids are consuming during special events at school? Or how kids with food allergies, medical conditions, or dietary requirements are negatively impacted by food-based celebrations? Or how all that sugar impacts children's ability to pay attention, process new information and learn?

Halloween is just around the corner, and we're excited to work together to make special events in our classrooms safe and enjoyable for all of our students. We hope you can support our efforts to create fun school celebrations that include more activities to keep kids moving, without sugary treats to slow them down.

To that end, we ask that candy not be sent with your child to share with classmates on Halloween. Instead, our staff will be providing fun and active ways for our kids to celebrate the season.

At Stillwater Area Public Schools, the health and safety of your children is important to us. Our Wellness Policy helps strengthen our kids' minds and bodies. The policy is all about:

- Celebrating birthdays and special events in fun and memorable ways that don't include food, which can prevent kids with food allergies, dietary requirements and medical conditions from participating.
- Rewarding students for academic performance and good behavior with special privileges and activities instead of candy or soda, which makes it harder for kids to concentrate and learn.
- Working with Nutrition Services to provide healthy and safe options for food-based learning experiences to ensure foods don't contain allergens or food-borne illnesses.
- Providing more nutritious options as part of school meals, vending machines and concession stands.
- Promoting healthier lifestyles for fundraising, with activities like walks/runs, golf tourneys or dances.

You can learn more at stillwaterschools.org/healthymoves.

Thank you for supporting our staff as we work to make our schools healthy and safe for all of our students.