



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 with creative celebrations that don't include food.

At Stillwater Area Public Schools, the health and safety of your children is important to us. We know children who eat healthy and move more learn better. In June, our school board put in place a Wellness Policy that 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. Also, watch for more information at parent/teacher conferences next week.

We thought hard about this policy, which includes changes based on research about how to ensure our students are ready to learn. For this to work, we need your help. 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. As Halloween is approaching we are asking that candy not be sent with your child to school. Instead, our staff will be providing fun and active ways for our kids to celebrate the season. You can contact Suzie Berner, our school's Wellness Champion for more information.

Looking for a positive place to donate extra Halloween candy? Bring it to PowerUp's candy trade in and trade it in for cool prizes! Kids get to write a thank you to a soldier who will receive their candy. Everyone who participates can also register to win a PowerUp Prize Pack! Join PowerUp at the Stillwater Medical Group Clinic on Nov. 1 from 3 to 6 p.m.

Want to be more involved in helping make our schools safe and healthy places for our students to learn?

We have a Stillwater Health Advisory Council (SHAC) that has members from our school, our parents, and our community. SHAC provides a way for you to have a voice in making our school healthier for everyone. If you have an interest in being a part of our committee, send an email to Deb Van Klei at vankleid@stillwaterschools.org.

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

Nate Cox, Principal