



*As One Family, Committed to Christ, We are called to
Learn, Love and Lead.*

535 E. Alice Avenue, Phoenix, AZ 85020 (602) 943-9058 Fax: (602) 943-3188

www.mht.org

Many of our students enjoy celebrating their birthday at school by bringing in a treat to be shared with their classmates. In an effort to make sure that all treats are acceptable and follow the National School Wellness policy, we thought it best to provide our parents with suggestions as well as a summary of the wellness policy.

On your child's birthday he/she may bring small store bought treats or appropriate "goody bags" filled with erasers, pencils, stickers, etc. for the entire class. Treats should be discussed with the teacher prior to the child's birthday to identify if there are any foods to avoid for our students with food allergies or other conditions. Treats must be easily distributed and follow the guidelines of the National School Wellness policy. No lunches for the entire class. Party invitations may only be handed out at school if the entire class roster is invited or all girls / all boys. Otherwise parents/guardians should use the school directory and mail invitations.

National School Wellness Policy summary

Most Holy Trinity Catholic School is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating and physical activities. The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, physical and mental growth and lifelong health and well-being. The purpose of this policy is to offer students the tools and knowledge necessary to make healthy choices for their body.

This in-depth policy is included in our school handbook in its entirety and covers the areas of Nutritional Guidelines; Nutrition Education; Physical Activity; Other School-Based Activities; Parents and Staff Involvement; Implementation and Evaluation.

It is essential that we offer a consistent message promoting our commitment to healthy habits. Food brought onto campus by parents or others must also meet the nutritional standards of the Wellness Policy. For this reason, **fast foods are not allowed on campus.** (The only exceptions are sandwiches or salads from SUBWAY or a similar restaurant)

With regard to birthday parties, treats, rewards, etc., we suggest these healthy alternatives that will meet the Wellness guidelines:

- 100% juice drinks or frozen desserts (Popsicles)
- Fresh fruit of any kind
- Prepared fruit cups, applesauce cups
- Popcorn
- Cereal or granola type bars
- Frozen yogurt, non-fat ice cream, non-fat ice cream bars
- Yogurt cups or drinkable yogurt smoothies
- YOGOS, yogurt covered pretzels
- Of course, any kind of veggies with a low fat dip
- Cheese sticks or cheese cubes and multi grain crackers
- Deli turkey rolls
- Graham crackers
- Muffins (bran muffins meet the requirements)

The basic guideline is: Food items must contain 35% or less calories from fat, at least 1 gram of fiber and less than 35% total sugar by weight.

Please discuss any questions with your child's teacher prior to planning or bringing in any class treat. We thank you in advance for assistance and cooperation in adhering to the Wellness Policy guidelines.