

# RADBURN SCHOOL

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Jill Lindsay, Principal

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Dear Parent/Guardian:

Research tells us that the percentage of school age children 6-11 that are overweight in the United States more than doubled between the late 1970s and 2000. The consequence of this is an increase in the incidence of asthma, Type 2 diabetes, high blood pressure, and low self esteem. Overweight children are also more likely to suffer from adult obesity. Therefore, it is crucial that parents and schools encourage healthy lifestyle choices, promote exercise, and educate students about proper nutrition.

According to the New Jersey Administrative Code (N.J.A.C. 2:36-1.7), all public schools are required to adopt the New Jersey Model School Nutrition Policy. The main thrust of this policy is to provide students with healthy, nutritious foods. It also prohibits particular foods from being served or sold in the schools. As a direct result, Radburn School has instituted guidelines regarding classroom parties and celebrations. Please take note of this very important information below:

- ✓ Milk, water, and **100%** fruit juices are the only beverages allowed to be served.
- ✓ All foods and beverages listing sugar, in any form, as the ***first ingredient are prohibited.***
- ✓ All forms of candy are prohibited.
- ✓ The amount of foods containing trans fats will be greatly reduced.
- ✓ **Foods of Minimal Nutritional Value are prohibited.** These include soda, water ices, chewing gum, hard candies, jelly candy (ex. jelly beans, gumdrops), marshmallow candies, fondants (ex. candy corn), licorice, spun candy, and candy-coated popcorn.

**All staff members and parents are required to follow this policy.** If any of these items are sent to school for a birthday party or other celebration, they will NOT be distributed. These items will be returned home with your child. Parents are encouraged to send healthy treats or non-food items to school for parties. Be creative!! Parents MAY send these foods to school if they are for your child's consumption ONLY (lunch or snack), but Radburn School does not encourage this practice. If you have any questions, feel free to contact me.

Together, we can help our children live healthier lives.

Sincerely,



Jill Lindsay  
Principal