

**CONCORD PUBLIC SCHOOLS
CONCORD-CARLISLE REGIONAL SCHOOL DISTRICT**

120 MERIAM ROAD CONCORD, MA 01742 PHONE: 978.318.1500 FAX: 978.318.1537 www.concordpublicschools.net

October 16, 2009

Dear Parents,

In 2006, the School Committee of the Concord Public Schools adopted the Wellness Policy to promote activities, behaviors, and learning that create a healthy and safe environment for all students, faculty, and staff. To achieve this policy goal, The CPS and CCHS Superintendent's Community Advisory Council worked with school personnel to develop procedures for school meals, nutrition education, and physical activity that encourage and support healthy lifestyles for students.

Initially, schools were recommended to limit the celebrations that involve food during the school day. With the increase of food allergies, diabetes, and obesity among school children, this year schools will not be permitted to involve food in celebrations. There are many other ways to celebrate birthdays and holidays at school that do not involve typical party food. Please assist us in promoting healthy lifestyles by supporting non- food birthday and holiday celebrations at school. If you need a list of healthy party ideas, please see the principal. For further information, the Wellness Policy and Procedures are posted on the district's website under teaching and learning, www.concordpublicschools.net.

Thank you for your cooperation.

Sincerely,

Diana F. Rigby
Superintendent