



Framingham Public Schools

Charlotte A. Dunning Elementary School
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Kimberly A. Taylor, Principal

HEALTHY CELEBRATIONS AND REWARDS

Dear Parents,

As I am sure you are aware, the nation is continuously engaged in many discussions surrounding the health and exercise of our country's children, constant promotion of food and eating, and the existence of a billion-dollar food industry. Additionally, there is a rise in childhood obesity, diabetes, and severe food allergies. The First Lady, Michelle Obama, has made this a top priority for her work, and we, at Dunning, feel equally passionate about how we can contribute to the overall wellness of our students.

What has our Dunning School community been doing to support this wellness initiative? Teachers are already emphasizing healthy snacks in their classrooms and that is an important first step. The healthy behaviors we are emphasizing to our children must be practiced and supported by a healthful school environment. By taking a small step approach over the past two years, we have found that the changes have felt more natural and comfortable.

The first immediate step we have taken at Dunning to create a healthier environment is that we will continue with our practice of **not celebrating birthdays with cookies, brownies, cupcakes and sugary treats at school.** Parents, children, and teachers who have done this in their classrooms are very positive about the results. Children are still having their birthday cakes outside of school; they just wouldn't have the extra treats again at school. Because of the number of allergies and health concerns, any sweet items are not able to be served and will be sent back home with the children. Each teacher at Dunning School will let their individual classroom parents know some other ways that their children can celebrate his/her birthday at school.

Additionally, the Dunning staff has discontinued the practice of giving children candy or other sugary treats as rewards for good behavior or work well done. Holiday parties will also continue to include healthy snacks as an alternative.

We at Dunning School are confident that these steps can make a big difference for the health of our children. Thank you for your continuous cooperation with our efforts.

Sincerely,

Kimberly A. Taylor