

UXBRIDGE PUBLIC SCHOOL DISTRICT WELLNESS POLICY



UXBRIDGE PUBLIC SCHOOL DISTRICT is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social/emotional success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

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I. **Wellness Goals**

Research shows that three components: **good nutrition, physical activity, and social emotional learning** before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities, do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

In regards to Social and Emotional Learning (SEL), the Uxbridge Public Schools is an inclusive and respectful learning community committed to providing students the knowledge, attitude and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. We have adopted the Massachusetts Department of Education definitions of SEL as developed by the Collaborative for Academic, Social, and Emotional Learning ([CASEL](#)). CASEL states: *"...By promoting responsive relationships, emotionally safe environments, and skills development, SEL cultivates important "protective factors" to buffer against mental health risks. In this way, SEL is an indispensable part of student mental health and wellness, helping to improve attitudes about self and others while decreasing emotional distress and risky behaviors. SEL should be implemented as part of a system of mental wellness supports and resources that include promotion, prevention, early intervention, and treatment*

The following Wellness Policy outlines the District's approach to ensure a safe and healthy environment where there are opportunities for all students to practice healthy eating, physical activity, and social/emotional learning throughout the school day. This policy applies to all students, staff and schools in the District. Specifically, this policy establishes goals and procedures to ensure that the District provides:

- An overall school environment that encourages students to make healthy lifestyle choices in regard to eating habits, physical activity, and social/emotional learning.
- School nutrition, physical activity, and social/emotional learning programs that makes effective use of school and community resources to equitably serve the needs and interests of all students and staff while taking into consideration differences in cultural norms.
- A plan to establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives, including strategies to involve family and community members.

- Supporting a school culture where everyone is respected and accepted.
- Opportunities and encouragement for staff to model healthy eating, physical activity, and social/emotional habits.
- Services to ensure that students and staff with wellness-related health problems are referred to appropriate services for counseling or medical treatment.
- Student access to healthy foods during the school day through the breakfast and lunch program in accordance with Federal and State nutrition standards.
- A food service program that employs well-prepared staff who serve appealing and nutritious food choices.
- Pleasant eating areas for students and staff with adequate time for unhurried eating.
- Quality nutrition education that helps students develop lifelong healthy eating behaviors.
- Opportunities for students to be physically active before, during and after school to develop lifelong healthy personal fitness habits.
- Opportunities for students to improve their self awareness, self management, social awareness, relationship skills and responsible decision making, in order to develop lifelong social and emotional skills.
- Buildings, grounds and facilities that meet all current health and safety standards, including working with local law officials to ensure a safe school environment.
- School grounds that enforce an environment free of tobacco, alcohol and other drugs according to school committee policy.
- The wellness policy will be accessible via the Uxbridge Public Schools website.

II. School Wellness Committee

The Wellness committee will work together to develop, implement, evaluate and if necessary, revise the policy in order to achieve goals for school nutrition, physical activity, and social/emotional learning throughout the district. The committee will also serve as a resource for school sites for implementing these policies.

The District values the importance of partnerships amongst families, schools and the community to work together to promote and maintain health and wellness. For this reason, the committee is composed of a variety of team members including: parents, students, school committee, school administrators, school nutrition representatives, physical education teachers, health professionals, counselors, and members of the public.

The wellness committee will consistently review the policy in accordance to needs and goals of the district and ensure compliance. The wellness policy will be assessed and updated at least every three years. All documentation and assessments will be kept on file and made

available to the public on an annual basis.

III. The Food Service Operation

Introduction

In 2010, Congress passed the **Healthy, Hunger-Free Kids Act of 2010** (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and public reporting on progress of local school wellness policies.

Purpose

To ensure all students will possess the knowledge and skills necessary to develop healthy lifestyles and effective decision-making skills.

Goals

District and school administrators, in collaboration with staff, students and parents, are encouraged to prepare and implement a comprehensive plan addressing health and wellness that includes:

School Meals

- Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.
- The school meal programs aim to improve the diet and health of school children and model healthy eating to support the development of lifelong healthy eating patterns.
- The school meal program will operate in accordance with National School Lunch Standards and applicable Massachusetts and local laws and regulations.
- In addition, the school meals program wants to ensure each student is well prepared to learn to their fullest capacity and we will ensure no student goes hungry while in school.
- The food service program will aim to be financially self-supporting. However, budget neutrality or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

Program Requirements

- During each school day the food service program will provide breakfast and lunch under the nutritional guidelines of the United States Department of Agriculture's (USDA) National School Lunch and Breakfast Program.
- The school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families are encouraged to apply. The program will maintain the confidentiality of students and families applying for or receiving free or reduced-price meals. All students are assigned a pin number in order to prevent the overt identification of students.
- The school food service program will operate in accordance with the Healthy, Hunger-Free Kids Act of 2010 as amended and applicable laws and regulations of the Commonwealth of Massachusetts. Schools will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. Menus should be planned with input from students, family members, and other school personnel taking into account students' cultural norms and preferences. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional value of the food served.
- The school food service program will monitor the nutrient breakdown of their menus. Regardless of menu planning format (nutrient or food-based), schools will analyze the menus offered to students using nutrient analysis to ensure that USDA guidelines are being met.
- The Uxbridge Public Schools will apply for grants to source locally and regionally grown produce. To the extent that the district is able, the district will source our proteins and produce from local vendors to ensure the freshest food possible.
- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make drinking water available where school meals are served during mealtimes.
- For more information on Food regulations and/or portion sizes, refer to:
<https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
<https://johnstalkerinstitute.org/resources/school-snacks/alist/>

Staff Qualifications, Professional Development, Food Safety & Certifications

- The district will employ a Food Service Director, who is properly qualified, certified and/or credentialed, according to current USDA professional standards, to administer the school food service program and satisfy reporting requirements.
- The food service program will offer professional development for directors, managers and staff according to their requirement level.
- The district will employ food service staff that is properly trained according to recommendations from the Food Service Director.
- The Food Service Director is encouraged to inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.
- All food service staff are required to obtain CPR or Choke Saver Certification every two (2) years, the Allergy Awareness Certification annually and all food service staff are required to be Servsafe certified

IV. Competitive Food & Beverage / Nutrition Standards Sold and Served in Schools

A. Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and/or served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards

- Food and beverages sold and/or served on school grounds during the normal school day (defined as midnight prior to the start of school until 30 minutes after dismissal) will meet the nutrition regulations (105CMR225) and guidelines set by USDA, the Massachusetts Department of Elementary and Secondary Education (DESE) and the Massachusetts Department of Public Health (MDPH).
 - This includes, but is not limited to, all food and beverages in classroom activities, celebrations and events; vending machines; school or classroom stores; PTO, sports or club fundraising where food is consumed within the normal school day; and cafeteria a la carte items.
 - Events that take place outside of these hours are not required to follow these guidelines and have flexibility to choose the items.
- Foods served to students in classroom activities, that are not procured through the Uxbridge Food Service Department, should be cleared through the school nurse as many students have allergies or other health conditions affected by food.
- The nutrition standards for foods and beverages **sold or served** during the school day are outlined in the following table. Foods and beverages must comply with whichever standard (state or federal) is stricter.
- Massachusetts State Standards: [Massachusetts Nutrition Standards for Competitive Foods & Beverages in Public Schools](#)
- Federal Standards: [USDA Smart Snacks in School Standards](#)

Massachusetts and USDA Competitive Foods and Beverage Nutrition Standards “At-a-Glance”

Category	Massachusetts Standards	USDA Standards
Juice	100% fruit and vegetable juice with no added sugar Juice may be diluted with water or carbonated water	100% fruit or vegetable juice with no added sugar Juice may be diluted with water or carbonated water
Juice – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Milk	Plain low-fat (1% or less) and fat-free milk Flavored milk and flavored milk substitutes (including alternative milk beverages, e.g., lactose-free and soy) must be fat-free and contain no more than 22 grams of total sugar per 8-ounce portion.	Plain low-fat milk Plain or flavored non-fat milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements
Milk – Portion Size	Elementary, Middle and High School – 8 ounces or less	Elementary School – 8 ounces or less Middle School – 12 ounces or less High School – 12 ounces or less
Water	Plain carbonated or uncarbonated water May contain natural flavorings* No size limit *Federal guidance clarifies that this applies to high school only.	Elementary, Middle and High School Plain carbonated or uncarbonated water No size limit High School Calorie-free, flavored and/or carbonated water (20 ounces or less)
Other Beverages	No other beverages	Other beverages that are labeled to contain less than 5 calories per 8 fluid ounces, or less than or equal to 10 calories per 20 fluid ounces (no more than 20 fluid ounces) Other beverages that are labeled to contain no more than 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces (no more than 12 fluid ounces)
Calories	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments	Limit of 200 calories for side or snack dish items, including accompaniments Limit of 350 calories for entrée items, including accompaniments, unless they meet the exemption for NSLP/SBP entrée items
Fat	35% or less of total calories from fat per item as packaged or served	35% or less of total calories from fat per item as packaged or served
Saturated Fat	10% or less of total calories from saturated fat per item as packaged or served	10% or less of total calories from saturated fat per item as packaged or served
Trans Fat	All foods should be trans fat-free.	All foods should be trans fat-free.
Fat Exemptions	Reduced-fat cheese, part-skim mozzarella cheese limited to 1-ounce portions Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, limited to 1-ounce portions Schools may provide or sell seafood with no added fat. No other combination products are exempt from the fat standard.	Reduced-fat cheese, part-skim mozzarella cheese Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat Schools may provide or sell seafood with no added fat. These exemptions are not restricted by size; any size of the above items will be considered exempt from the USDA total fat restrictions.

B. Nutrition Promotion & Food and Beverage Marketing

In order to promote healthy food and beverage choices for all students throughout the school district, as well as encourage participation in school meal programs, the District will:

- Display whole fruit options in attractive bowls/baskets (instead of chafing dishes/hotel pans)
- Make sliced or cut fruit available daily
- Display daily fruit options in the line of sight and reach of students
- Bundle daily vegetable options into all grab-and-go meals available to students
- Train all staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meal
- Highlight alternative entrée options (e.g., salad bar or yogurt parfaits) on posters or signs within all service and dining areas
- Allow students to create reimbursable meals in any service area available to them
- Conduct student surveys and taste testing opportunities and use them to inform menu development, dining space décor and promotions
- Use daily announcements and visuals to promote and market menu options
- Ensure that marketing foods and beverages on the school campus during the school day is limited to only those foods and beverages that meet USDA Smart Snacks nutrition standards

C. Rewards, Incentives, Celebrations and Curriculum Related Food Lessons

Rewards and incentives for academic, behavioral, or social performance, or celebrations/curriculum related lessons within the classroom, should be given careful consideration. The District will provide a list of acceptable foods and beverages, as any food or beverage used in the classroom must meet USDA Smart Snack and Massachusetts nutrition standards. Compliant snacks and foods can be purchased through the Food Service Director with advanced notice. Consultation with the school nurse must also occur to make sure all allergies issues are addressed.

The following must also be taken into account:

- **Celebrations and parties:** The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- **Classroom snacks brought by parents:** The District will provide parents with a list of foods and beverages that meet USDA Smart Snack and Massachusetts nutrition standards.
- **Rewards and incentives:** The District will provide teachers, relevant school staff, and parents a list of alternative non-food ways to reward children, such as stickers, pencils, game, walk, etc.
- **Curriculum Related Food Lessons:** When a teacher decides to include a food as part of the curriculum, he/she will send permission forms home 5 calendar days before the lesson. On this form, parents/guardians will be able to indicate if their child can participate in the curriculum related food lesson and consume the food being prepared. Please refer to the permission form at the end of this policy.
- **Sharing of Food:** The schools should discourage students from sharing food and beverages given the concerns about allergies and dietary restrictions

D. Fundraising

- To support children's health and school nutrition-education efforts, fundraising during school hours will sell only non-food items.
- Items such as candy, baked goods, soda, etc. will not be allowed to be sold or distributed during the school day as a fundraiser.
- These guidelines do not apply to outside groups, or student food fundraisers, 30 minutes after school ends.

E. Staff Modeling

District staff are encouraged to model healthy eating habits including using foods and beverages that meet Smart Snacks standards, healthy physical activity, and positive social and emotional well being.

V. Health

A. Nutrition Education - The District will:

- Teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction and throughout the school environment
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as healthy cooking demonstrations or lessons, promotions, taste-testing, and school gardens
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products with an emphasis on reducing empty calories, sugar and caffeine intake by students during the school day and encouraging healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise) and reducing/eliminating access to foods that do not meet the DESE nutrition guidelines
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services

B. Health Education - The District will:

- provide comprehensive Health Education to all students - Health Education is closely aligned with the Massachusetts State Frameworks
- Is designed to meet the needs of students in all areas of health education, including:
 - personal safety
 - nutrition
 - mental health
 - healthy relationships
 - human development through the lifecycle
 - sex education including sexually transmitted infections disease prevention
 - childbirth & contraception
 - substance use
 - careers in health science and healthcare
 - communication
 - consumer health
 - environmental health

VI. **Physical Activity**

Physical Education for K-12

The physical education (PE) curriculum is aligned with both the Massachusetts Health Literacy Frameworks and the National Physical Education Standards (SHAPE). The goal of physical education is to develop physically-educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Each physical education teacher is state-certified and follows a curriculum which is age-appropriate, sequential, consistent with the national and state standards, and promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits.

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education to include that:

- All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- The physical and social environment provided, encourages safe and enjoyable activities for all students.
- The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
- Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education in accordance with DESE teacher licensure standards.
- The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- **Waivers, exemptions or substitutions for physical education classes are not granted, unless medically necessary.**

Physical Education & Health Requirements

Physical education shall be taught as a required subject in all grades for all students in the public schools to promote the physical well-being of students.

Both physical education and health education classes are considered to be part of required structured learning time.

Before/After School Physical Activity

Schools shall provide physical activity opportunities for all students before and after school in all elementary, middle, and high schools.

Encourage offering opportunities for all students to participate in physical activity before and/or after the school day through a variety of methods including:

- Physical activity clubs such as walking or running clubs
- After-school childcare programs that provide developmentally appropriate physical activity for children
- Intramurals or interscholastic sports at both the middle and high school level

Breaks

Discourage extended periods of inactivity (periods of two or more hours).

Recess

All elementary schools will offer recess on all days during the school year, preferably outdoor when feasible. In the event of **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

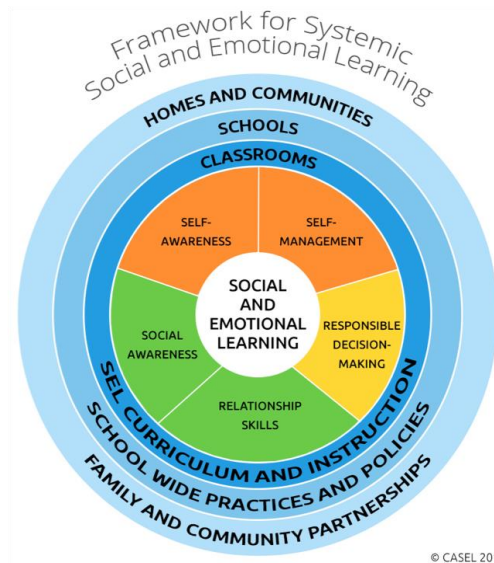
Physical Activity and Rewards/Punishment

Teachers and other personnel will not use physical activity or withhold opportunities for physical activity as punishment. For example, recess should not be withheld as a result of misbehavior or incomplete work. It is strongly recommended that staff use physical activity as a reward when feasible.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by: designating safe or preferred routes to school; promoting activities such as participation in walk and/or bike to school; secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area); use crossing guards and crosswalks on streets leading to schools. [Encourage parents and community members to institute programs that support physical activity, such as promoting safe routes to school programs, including morning walking/running clubs.](#)

VII. Social and Emotional Learning



The Uxbridge Public School is committed to implementing and supporting the core values represented in the CASEL's model of Social and Emotional Learning. This includes supporting values around self awareness, self management, social awareness, relationship skills and responsible decision making. This is implemented through direct instruction and various curriculums, school wide practices and policies, and forging family and community partnerships. Specifically this includes but is not limited to:

- Providing a supportive learning and work environment that includes counseling, guidance, and community support opportunities for students, families, and staff.
- Providing information to families regarding available community resources for healthy activities, mental health services, parenting support opportunities, food security, etc.
- Fostering an atmosphere where differences are respected and students are encouraged to express thoughts and feelings responsibly.
- Having a protocol in place for detection, screening and referral of students who have potential for harm to self or others.
- Participating in evidenced based screening tools to assist in assessing student needs and asset/risk factors, to help guide ongoing program development.
- Ongoing assessment and evaluation of student, staff, and family/community needs in regards to social and emotional health and wellness as well as engagement.

VIII. Wellness Policy Implementation Action Plan

A. District Level Implementation

- The District Wellness Committee will provide the necessary communication with the building administration regarding the district's wellness policy and guidelines, including rationale, changes, and development by placing updated policies on the district website.
- Through stakeholder surveys and committee participation, all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school committee, school administration, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.
- Inquiries and concerns regarding the policy implementation will be the responsibility of the Director of Food Service in consultation with Administration.
- The District Wellness Committee will be responsible for assessing implementation of the tenants of the UPS wellness policy at least once every three years (triennial assessment).
- Triennial assessment results will be made available to the public and will include:
 - The extent to which schools are in compliance with the school wellness policy
 - The extent to which the wellness policy compares to model school wellness policies
 - A description of the progress made in attaining the goals of the school wellness policy
 - The Wellness Committee will revisit the policy, guidelines and relevant issues as needed and will update the Wellness policy based on results of the triennial assessments.

B. School-level Implementation

- Each school will:
 - Hold a yearly membership review of the existing school building level wellness committee members.
 - Identify individual school wellness goals.
 - Collaborate with school councils, P.T.O.s and building Administration to implement school-based wellness action plans.
 - Share nutrition, fitness, and social emotional learning, best practices and evidence-based programming between schools.
 - Collaborate and integrate with other community and school based wellness initiatives.

The guidelines outlined in this policy will be modified, as needed, based on legislation.

x. **Resources**

The following resources were used in the development of the UPS Wellness Policy:

- Uxbridge Public Schools Wellness Committee - <https://www.uxbridgeschools.com/domain/309>
- Massachusetts Department of Elementary and Secondary Education (2000) Comprehensive Health Curriculum Framework - <https://www.doe.mass.edu/sfs/healthframework/>
- Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools - <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools>
- United States Department of Agriculture Food and Nutrition Service - Child Nutrition - <https://www.fns.usda.gov/cn>
- Smart Snacks - A-List - <https://johnstalkerinstitute.org/resources/school-snacks/alist/>
- A Guide to Smart Snacks - <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
- 105 CMR 225.00: Nutrition standards for competitive foods and beverages in public schools - <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools>
- SWITCH - Massachusetts School Wellness Coalition (DESE) - <https://massschoolwellness.org/local-wellness-policy/>
- Massachusetts Department of Health - <https://www.mass.gov/orgs/departments-of-public-health>
- Centers for Disease Control and Prevention - <https://www.cdc.gov/>
- Massachusetts Coordinated School Health Program - <https://www.cdc.gov/healthyschools/index.htm>
- *Shape America National Standards for PE*
<https://www.shapeamerica.org/standards/default.aspx>

PERMISSION FORM FOR FOOD CURRICULUM EVENT

Event _____

Date of Event _____

Classroom/Teacher involved _____

Food to be provided - List specific brand, flavor, ingredients etc.
(Photocopy of ingredient list is encouraged)

Please check one or more of the following boxes:

- I give my child _____ permission to participate in this lesson.
- My child _____ **MAY** participate to prepare and/or consume food related to this lesson for the remainder of the school year.

*Please note: If your child has an EpiPen for a food allergy, the teacher will send home a permission slip for every curriculum related food lesson.

- My child _____ **MAY NOT** participate in this food event as planned.

Please contact me at _____ to discuss alternative foods.

Parent/Guardian Name _____

Parent/Guardian
Signature _____ Date _____