

GUIDELINES FOR
CLASSROOM CELEBRATIONS

- The school district administration has developed and implemented a protocol in an effort to minimize the risk of exposure to allergens that pose a threat to students.
- The Southwick-Tolland-Granville Regional School District recognizes the increasing prevalence of student allergies and the life-threatening nature of allergies for many students. As a result, snacks made at home may not be shared with the students in classrooms.
- For any in school celebrations, only wrapped, store-bought foods with the ingredients listed on the label will be distributed.
- The school principal in collaboration with the school nurse, may make an exception to this in order to approve curriculum based food activities. Alternate activities are strongly encouraged for celebrations.
- Our mission is to teach students that food shouldn't always be the focus and there are other ways to celebrate. We can have fun without food.

(Updated December 2016)

*Southwick-Tolland-Granville
Regional School District
86 Powder Mill Road
Southwick, MA
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Granville Village School: 413- 357-6626
Woodland Elementary: 413-569-6598
Powder Mill School: 413-569-5951
Southwick Regional School: 413-569-6171



STGRSD

Wellness Policy

An Introduction



*Southwick-Tolland-Granville
Regional School District*



What is it?

FACT: Congress passed a law in 2004 (with a revision in 2010) requiring every school using federal dollars for a school breakfast, lunch or milk program to implement a policy that addresses in-school nutrition and physical activity. Each school's policy had to be a community effort, including students, school nurses, school officials, business leaders, nutrition professionals and parents.

Our District Wellness Policy was developed and adopted in June 2006 and revised in May of 2013

WHAT DOES IT DO?

Our school Wellness Policy addresses nutrition standards, nutrition education, physical activity, and other school-based activities designed to promote student wellness. It also includes an evaluation component.

Our Wellness Policy is designed to make real changes in student nutrition and health. For instance, our school Wellness Policy:

- Encourages healthy role modeling of nutrition and physical activity by school district faculty and staff.
- Sets nutrition standards for items sold in school vending machines.
- Encourages fundraisers use non-food items or healthier food choices.
- Ensures that school menus include whole grains, fresh fruits and vegetables.
- Gives students easy access to a healthy breakfast and lunch.

WHAT IS IT FOR?

The Wellness Policy is a written document that guides a school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

WHAT CAN I DO?

- Become knowledgeable about the STGRSD Wellness Policy. Preview it on our district website: www.stgrsd.org
- Participate and speak up for healthy planning at school functions
- Serve on the Health Advisory Committee
- Continue providing a healthier environment at home by cooking nutritious foods and keeping healthy foods in your house
- Be a good role model of healthier habits
- Ask your child what he/she is eating at school



School lunches include fresh fruits and vegetables