

May 2010

Dear Parents,

We all have read or have seen news reports about the increase in childhood obesity and the health problems that are surfacing in children as a result. At school, beginning with first grade, your child participates in physical education classes three times weekly as well as recess daily. Throughout the school year different activities are sponsored through our P.E. department such as the "Mega Mileage Club" to encourage physical fitness and promote healthy habits. If your child brings a snack to school, the teacher will ask that it be a 'healthy snack'. The lunches served in Loudoun County Schools are planned using the Food Guide Pyramid. Students who purchase lunch are encouraged by our staff to include vegetable and fruit selections necessary to build a healthy lunch and a healthy body!

Beginning with the 2010 -2011 school year, LCPS will introduce comprehensive procedures which promote healthy nutrition for all students with emphasis on students with life threatening food allergies. Dominion Trail already has many of these procedures in place and will make adjustments for the remainder with the start of the 2010-2011 school year. However, there is one significant change to our procedures that you should familiarize yourself with now. Next year, we will no longer accept any food items, including cupcakes, cakes, or cookies to celebrate student birthdays during student lunch. In addition non food gifts of any kind, to include stickers, balloons, trinkets should not be brought to school for a child's birthday.

Birthdays are a special occasion and as such, student birthdays will be recognized each month during the **morning announcements**. Students will also receive a special **birthday pencil** from the office. The following options will also be available to families.

- 1) **Choose to donate a book for the classroom library.** Your child's teacher has a wish list of books to choose from. Ms. Gross or I will read or present the book to the class in honor of your child's birthday.
- 2) **Choose to donate a piece of recess equipment for the classroom recess box.** Your child's teacher has a wish list of recess equipment to choose from. Ms. Gross or I will present the recess equipment to the class in honor of your child's birthday.
- 3) **Choose to donate a table game to the classroom for those indoor recess days.** Your child's teacher has suggestions for appropriate games.
- 4) **Join the Library's Birthday Book Club!** Order forms are sent home in the first day packet and all orders are due by the third week of school. Contact the library for more information.

To learn more about the LCPS procedures go to the LCPS website ~ Pupil Services ~ Quicklink ~ Caring for Students with Food Allergies in School.

Sincerely,
Susan L. Mabee
Principal