



Wyoming Area Catholic School
1690 Wyoming Avenue
Exeter, PA 18643
Phone (570) 654-7982

August, 2011

Dear Parents,

The Wellness Committee will continue this year consisting of a teacher, parents who work in the field of nutrition or medicine, and Mrs. Matosky (lunch program). The members of the committee are: Mrs. Barney, Mrs. Amy Golden, Mrs. JoAnn Kosik, Mrs. Maria Murphy, Miss Rachel Rovinski, Mrs. Mary Ann Matosky and Mrs. Procopio.

The following Wellness Program will remain in place for 2011-2012:

Regarding classroom parties:

- teachers will coordinate classroom parties**
 - limit of 2 sweets will be served**
 - no goody (candy/food) bags**
 - healthy items will also be encouraged**
 - no soda**
 - beverages: 100% fruit juice, plain water or flavored water, 1% or less milk**
- 2. No Bake Sales – Raffles will be used for mission fundraisers**
 - 3. Handwashing program – speakers will be brought in to speak to the students**
 - 4. A minute or two of exercise will be encouraged either before or after each class**
 - 5. There will be a Birthday Dress Down Day designated every month for all students whose birthday is during that month. The Dress Down Birthday Day will be shown on the monthly school calendar. The months of June, July, and August will be added to other months. On that day, students (whose birthday is during that month) may dress down and everyone in the cafeteria at lunch time will sing happy birthday to those students. A cupcake or other treat will be distributed to all students in celebration of those birthdays. Therefore, parents will not have to send in cupcakes on their child's birthday. The PTG will fund this program.**
 - 6. No food will be used as a form of punishment or reward.**
 - 7. Soda will not be served to students at any time.**

The committee encourages all parents and caregivers to support the program. This program has been designed with our students' health in mind.

Sincerely,

Mrs. Procopio and
The Wellness Program Committee