

Dear PVC Families,

We wish to take this opportunity to remind you of PVC's guidelines for food and beverage consumption, which are intended to protect the health, safety and well-being of our students. In addition to the Board of Education's Wellness Policy (5405), PVC's Wellness Committee has adopted the following additional guidelines:

- Students are encouraged to bring healthy snacks and lunches to school every day.
- Teachers may permit students to eat a healthy snack during class time.
- Food may not be consumed in the hallways, library, computer lab, Innovation/Design Lab.
- Students are permitted to drink water in the classroom. Students are encouraged to bring a reusable water bottle that can be filled at the filtered water fountains throughout the building. Bottled water without added sugar/sweeteners/artificial flavorings/food colorings is allowed.
- The sharing of food and beverages is not allowed due to the possibility of allergies.
- Students should not bring snacks to share with an entire class for a birthday celebration or advisory period. Example: Please do not send your child with a box of doughnut holes or cupcakes for everyone.
- Food and drinks will not be available during school celebrations and class activities. Plan on alternative ways to celebrate. Alternatives might include games or dancing, for example.
- **In classrooms where a student has a severe nut allergy, a Nut Free Zone sign is posted. In Nut Free Zone classrooms, all students, staff and visitors are prohibited from eating nuts or any products containing nuts, while in that room. Students, staff and visitors should wash their hands prior to entering a Nut Free Zone classroom if they have eaten nuts or products containing nuts.**
- A nut free lunch table is available to students in the cafeteria.
- Nuts and foods containing nuts are not permitted at recess outdoors.
- Students should be encouraged by their parents to wash their hands prior to lunch and after eating any nuts or products containing nuts.

Thank you very much for your support!

Sincerely,

Michael Plotkin

Principal

Pierre Van Cortlandt Middle School