



# Mason School District

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School Administrative Unit #89  
13 Darling Hill Rd. Mason, NH 03048  
Phone: (603) 878-2962 Fax: (603) 878-3439

8/28/19

Re: School Wellness Procedure

Dear Families,

Mason Elementary School recognizes the relationship of proper nutrition, physical activity and the success of our student's academically. We are committed to promoting wellness and academic performance in our school through curriculum, activities and life skills. Our goal, as always, is to also ensure the safety and wellness of all our students, while staying in compliance the State of New Hampshire Department of Education Wellness Guidelines for Schools.

The school and its staff are responsible for the promotion of the education process, including maintaining the health and safety of all our students. Healthy snacks are encouraged at Mason Elementary School as a mainstay in the overall promotion of health. Frequent celebrations with cookies, cupcakes and other treats are not in keeping with these learning goals.

We do have several students and occasionally staff members, with dietary allergies or both dietary or and religious restrictions that do not allow them to participate in food related celebrations. Many parents do not wish their children to be eating items not supplied by them or by confirmed sources. There are also potential health risks for illness due to contamination with consumption of homemade items. Due to this, we have a procedure that will enable all students to be safe and healthy during any celebrations in the classrooms.

We will still allow classroom celebrations, though with modifications to ensure the safety and overall health and well being of all our students. Please visit our website for details on our standard procedure at [mason.sau89.org](http://mason.sau89.org).

If you have any questions or concerns, please call the Principal, or School Nurse at any time during the school day.

For a Healthy School,

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Danielle Carrier (School Nurse)

**Kristen Kivela**  
Superintendent/Principal  
[Kkivela@sau89.org](mailto:Kkivela@sau89.org)

**Brenda Wiley**  
Accounts Payable  
[bwiley@sau89.org](mailto:bwiley@sau89.org)