

Wheatland School District
111 Main Street • Wheatland, CA 95692
Phone: (530) 633-3130 • www.wheatlandsd.com
August 14, 2025

Dear Parents and Guardians,

As we begin the 2025–2026 school year, Wheatland School District is committed to supporting the health, safety, and well-being of every student across all of our programs which includes our school sites, preschool, and afterschool programs.

After thoughtful discussion and review, the district has made the decision to **no longer allow birthday food treats** (such as cupcakes, cookies, candy, etc.) to be brought in for student birthday celebrations.

This change is being made for a few important reasons:

1. **Student Health and Safety:** We have an increasing number of students with food allergies and dietary sensitivities. Even with precautions, it is not possible to ensure that all food items brought from home are safe for everyone.
2. **Instructional Time and Equity:** With so many birthdays celebrated throughout the year, the volume of food-based celebrations has become excessive. It also creates inequity and disruptions to learning across classrooms and programs.
3. **Promoting Healthier Habits** – We want to encourage celebrations that align with our wellness goals & policy, such as non-food activities or non-edible items.
4. **Childhood Health Concerns** – National and local data is showing rising rates of childhood obesity and related health issues.
5. **High Sugar Consumption** – Many popular treats are high in added sugars, unhealthy fats, and artificial ingredients.

We understand that birthdays are special moments in a child's life, and we still want to celebrate them in meaningful, safe, and inclusive ways. Families are welcome to consider non-food alternatives to help recognize their child's birthday, such as:

- Donating a book to the classroom or school library in your child's name
- Sending small, non-edible items (e.g., pencils, stickers, erasers, bookmarks)
- Providing a classroom game, puzzle, or art supplies to be enjoyed by all.
- Coordinating with your child's teacher for a special privilege (e.g., line leader, class helper, birthday crown)

We appreciate your understanding and support as we work together to create an environment that is respectful of all students' health and learning. If you have any questions, please reach out to your child's school office or program coordinator.

Thank you for your continued partnership.