

# WASHINGTON BOROUGH PUBLIC SCHOOLS

ADMINISTRATIVE OFFICES - 300 WEST STEWART STREET  
WASHINGTON, NEW JERSEY 07882

JACQUELINE NASSRY  
SUPERINTENDENT OF SCHOOLS

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September 6, 2022

Dear Parents,

The health, safety and wellness of our students is a top priority in our district. Research has proven healthy children have more energy to meet higher academic standards. Through a partnership with parents of our district, we strive to provide students with a positive, safe, and healthy learning environment.

Our district, along with support from the New Jersey Department of Education, recognizes that healthy students are better learners. Our district's School Wellness Policy provides guidelines that encourage exercise and good nutrition. Foods of minimal nutritional value, including candy and beverages that list sugar as the first ingredient, will not be served, sold, or distributed during the school day. Only 100% fruit and vegetable juices, milk or water will be sold or served in school. In support of our efforts, please encourage your child to bring healthy lunches and snacks such as vegetables, fruit, low fat cheese or yogurt, and pretzels to school. We also encourage you to provide healthy snacks when considering options for special occasions and classroom celebrations. Please visit [www.MyPlate.gov](http://www.MyPlate.gov) or contact our school nurses, Ms. Stocker at Taylor Street or Mrs. Knauer at Memorial for more information.

Healthy eating habits formed during childhood are likely to continue into adulthood. We sincerely thank you for supporting our effort to provide students with needed strategies to assist in making nutritious choices to improve the overall health and academic success of all of our students.

Sincerely,

Jacqueline Nassry

