



# Timberlea Public School

107 Brett Drive, Fort McMurray, Alberta T9K 1V1  
Phone: 780-743-5771 Fax: 780-791-5771  
Web: timberlea.fmpsdschools.ca



Principal: Waleed Najmeddine

Dear parents/guardians:

Re: Classroom Celebrations

In partnership with [APPLE Schools](#), Timberlea Public School developed a set of guidelines that aim to promote healthy eating and active lifestyles for all students. Included in our school's [Healthy School Guidelines](#) is a set of expectations for classroom celebrations that limit the amount and types of foods being brought to school by students to "Choose Most Often" and "Choose Sometimes" food options.

According to Guideline #3, there should be a minimum of 80% "Choose Most Often" type foods made available to students with a maximum of 20% "Choose Sometimes" type foods.

As always, any food item sent to school with your child must be nut free to ensure that classmates or schoolmates with severe allergies remain safe at school.

We hope that you will support us in making the healthy choice the easy choice for all children at Timberlea Public School.

Sincerely,

Waleed Najmeddine  
Principal

