

April 4, 2007

Dear Parents,

As we begin the fourth quarter of the school year, the spring weather has arrived and the warm days are upon us all. We are very blessed at St Bernard's with the concern and love you show for the wellbeing of your children and your generosity toward the school. As we begin our fourth quarter we find we must address a concern that has been brought to my attention.

The warm weather has influenced the food and drink choices that we all make on a daily basis. We would ask that any recess snacks, lunches from home and classroom birthday treats be as nutritional as possible. Please remember that your child's health and schoolwork are directly influenced by their diet. A recent health screening done at the school revealed some very interesting statistics. "According to the criteria from the Centers for Disease Control and Prevention, 16% of students at St. Bernard's are ***at risk overweight***, and 20% are ***overweight (previously labeled obese)***, for a total of 36% of students with weights above the normal range".

"Being above the normal range of weights for children is known to be a risk factor for the early development of diabetes, heart disease, elevated cholesterol and cancer."

St. Bernard's recommends that all families renew their commitment to increase physical activity and healthier food choices.

Yours in Christ,

Gary Abate, Principal