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## Dear Parents,

Holidays are an exciting time of year for our students. We celebrate many occasions with activities and food. Our holiday party days include healthy food choices as well as treats. We have noticed that during the holidays many families take the opportunity to instill the value of the gift of giving. This is often in the form of extra treats for the entire class, for example, Halloween treat bags.

As a school, Provost Public, has made great efforts to encourage healthy lifestyles. We would appreciate your assistance by asking you to not send in these extra items. The gift of giving is a wonderful gesture. In lieu of having your child provide extra treats for the class you may wish to consider giving to the less fortunate, such as our local food bank.

Thank you for your support in helping encourage our students to live healthy lifestyles.

Provost Public School

Administration and Staff