

Wright Elementary School District

WELLNESS PLAN ON PHYSICAL EDUCATION AND NUTRITION



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Wright Elementary School District's Wellness Policies on Physical Activity and Nutrition

Preamble

The Wright Elementary School District believes the following to be true:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- The number of children walking and bicycling to school has significantly declined in the last generation, leading to increased traffic congestion and pollution and putting the health & safety of our children and our environment at risk;
- The dangers children face on their trip to/from school each day can be mitigated by educating children and parents about safe walking, bicycling, and driver-awareness practices;
- Nationally, the items most commonly distributed from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
- School districts around the country are facing significant fiscal and scheduling constraints; and
- Community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Wright Elementary School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Wright Elementary School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis;

- All students in grades K-8 will be provided with opportunities, support, education, and encouragement on how to safely walk, bicycle, or take other forms of active and/or alternative transportation to school;
- Foods and beverages distributed or served at school will meet or exceed the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*;
- Qualified food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, cultural lifestyle choices, medical needs, and diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat;
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program and the National School Lunch Program); and
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, including safe pedestrian and bicycling habits, and will establish linkages between health education, environmental education, and school meal programs, and with related community services.

POLICY GOALS TO IMPROVE ACADEMIC ACHIEVEMENT THROUGH PROMOTING HEALTH AND WELLNESS

Healthy Kids Learn Better: Research clearly demonstrates that good nutrition and physical fitness is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behavior.

To Provide Consistent Messages: Providing healthy classroom celebrations and promoting physical activity before, during, and after school demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health instead of contradicting them. Healthful celebrations and physical activity promote positive lifestyle choices to reduce student health risks and improve learning.

To Promote a Healthy School Environment: In order to positively change eating and physical activity behaviors, students need to receive consistent, reliable health, safety and fitness information and ample opportunity to use it. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child, and providing more opportunities for healthy, physical activity before, during and after school.

To Create Excitement About Nutrition and Physical Activity: Children are excited about new and different things, including fun party activities, healthy snacks, and various forms of physical activity. So, schools staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom, or that students that do not gravitate toward team sports will not be able to access opportunities for lifelong physical fitness

activities. Healthy celebrations and encouragement of physical activity will become traditions in time.

IMPLEMENTATION ELEMENTS OF POLICY GOALS

I. SCHOOL WELLNESS COMMITTEE

The school district and/or individual schools within the district will create, strengthen, or work through the existing school Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Wellness Committee also will serve as a resource to school sites for implementing those policies. (A school Wellness Committee consists of a group of individuals representing the school and community, and will include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public).

WESD Wellness Committee Members

Efforts to instill healthy eating habits in students are being supported by the following Wright Elementary School District (WESD) Wellness Committee members including the school food service staff, school administrators, teachers, parents and the school community:

WESD School Food Service Manager
WESD Board Members
WESD District Office Staff
WESD Administrators
WESD Teachers
WESD School Nurse
WESD Classified Staff Employees Association (CSEA)
WESD Cafeteria Staff
WESD Parent
WESD Student Representatives
Community Members

II. NEW REQUIREMENTS, HEALTHY, HUNGER-FREE KIDS ACT OF 2010

Overview

- Strengthen Local Wellness Policy (LWP) and add rules for public input, transparency and implementation.

Elements of the Local School Wellness Policy

- In addition to the 2004 requirements, the LWP is also to include Goals for nutrition promotion.

Stakeholder Involvement

- In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of the LWP.

Stakeholder Participation

- In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of the LWP.
- Goal: District will conduct a yearly survey of student's interest in particular meals.
- Goal: District will use survey results to refine offerings and plan specific strategies to increase participation in school meal programs.

Local Discretion

- LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act; and
- LEAs are required to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the LWP.

Public Notification

- LEAs are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP <http://www.wrightesd.org>.

Measuring Implementation

- LEAs are required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to a model LWP, and to describe the progress made in attaining goals of the LWP.

III. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES DISTRIBUTED AND SERVED ON CAMPUS IN SCHOOL MEALS

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fresh fruits and vegetables (whenever possible, we will source our fruit and vegetables from local sources);

- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that all of the served grains are whole grain (effective 2014-15, all grains will be whole grain rich).

Schools will, to the extent possible, engage students and parents, through taste-tests of new entrees and surveys, in selecting foods distributed through the school meal programs in order to identify new, healthful, and appealing food choices and will provide the offer versus serve option. In addition, schools will, to the extent possible, and upon request, provide information about the nutritional content of meals with parents and students.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- WESD schools will, to the extent possible, operate the School Breakfast Program;
- WESD schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including breakfast during morning break or recess;
- WESD schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program; and
- WESD schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

WESD schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling

Schools

- WESD schools will provide students with at least 10 minutes to eat after sitting down for breakfast;
- WESD schools will schedule meal periods at appropriate times, e.g., lunch will be scheduled between 10:30 a.m. and 1:00 p.m.;
- WESD schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- WESD schools will, to the extent possible, schedule lunch periods to follow recess periods (in elementary schools);
- WESD schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- WESD schools will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified food service professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all food service professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.¹

Sharing of Foods and Beverage

WESD school—employees will be trained to prohibit students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Beverages - Elementary Schools

Regardless of the time of day, only the following beverages may be distributed to a pupil at an elementary school: (8 fl. oz.).

- Drinking water with no added sweetener; and
- One-percent-fat milk, unflavored nonfat milk or nondairy milk, and other similar nondairy milk; and
- Chocolate milk can be offered one time per week.

An elementary school may permit the sale of beverages that do not comply with the above as part of a school fundraising event in any of the following circumstances:

- The items are distributed by pupils of the school and the sale of those items takes place off and away from the premises of the school; and
- The items are distributed by pupils of the school and the sale of those items takes place one half hour or more after the end of the school day.

¹ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute

Beverages - Middle Schools

From one-half hour before the start of the school day to one-half-hour after the end of the school day, only the following beverages may be distributed to a pupil at a middle school:

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (≤ 12 fl. oz.);
- Chocolate milk can be offered one time per week; and
- Non-fat milk, unflavored (≤ 12 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements.

A middle school may permit the sale of beverages that do not comply with the above as part of a school event if the sale of those items meets all of the following criteria:

- The sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day; and
- Cafeterias are used later than one-half hour after the end of the school day.

For the purposes of this section, the following terms have the following meanings:

- "Added sweetener" means any additive that enhances the sweetness of the beverage, including added sugar, but does not include the natural sugar or sugars that are contained within the fruit juice which is a component of the beverage; and
- "Sale of beverages" means the exchange of a beverage for money, coupons, or vouchers.

Food - Elementary Schools

An individually distributed dairy or whole grain food item may be distributed if it meets all of the following criteria:

- Not more than 35 percent of its total calories is from fat;
- Not more than 10 percent of its total calories is from saturated fat;
- Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar; and
- Its total calories do not exceed 175 and total sodium is ≤ 230 mg.

Food – Middle Schools

Commencing July 1, 2007, foods distributed to students in middle schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards:

- Each entree shall meet the following criteria:
 - ✓ ≤230 mg sodium;
 - ✓ Not to exceed 400 calories; and
 - ✓ Contain no more than four grams of fat per 100 calories.
- For each snack item that supplements a meal:
 - ✓ Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes;
 - ✓ Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale;
 - ✓ Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried; and
 - ✓ Not more than 250 calories per item container and ≤1,360 mg sodium.

Nutritional Standards for Foods

All foods distributed shall be categorized as an entree item in the National School Lunch or School Breakfast program.

Commencing July 1, 2007, the only foods that may be distributed to a student at an elementary school during the school day are full meals and individually distributed portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.

- Any food distributed in schools must:
 - ✓ Be a “whole grain-rich” grain product; or
 - ✓ Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - ✓ Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - ✓ Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).²

² On July 1, 2016, foods may not qualify using the 10% DV criteria.

- Foods must also meet several nutrient requirements:
 - ✓ Calorie limits:
 - Snack items: ≤ 200 calories Breakfast meal (K-8): minimum 400 calories, maximum 500 calories; and
 - Entrée items: ≤ 350 calories Lunch meal (K-8): 600-650 calories.
- Sodium limits:
 - ✓ Snack items: ≤ 230 mg³; and
 - ✓ 2014-15 Breakfast meal (K-8): ≤ 540 mg:
 - K-5 = ≤ 540 mg; and
 - 6-8 = ≤ 600 mg.
 - ✓ 2014-15 Lunch meal (K-8): $\leq 1,230$ mg:
 - K-5 = $\leq 1,230$ mg; and
 - 6-8 = $\leq 1,360$ mg
- Fat limits:
 - ✓ Saturated fat: $< 10\%$ of calories
 - 2014-15 Breakfast meal (K-8): $< 10\%$ of calories; and
 - 2014-15 Lunch meal (K-8): $< 10\%$ of calories.
- Trans fat: zero grams
- Sugar limit:
 - ✓ 35% of weight from total sugars in foods.

Fundraising Activities

To support children's health and school nutrition-education efforts, schools will encourage all organizations to use non-food items for fundraising and must sell compliant food or beverages unless:

- The sale takes place off and away from school campus; or

³ On July 1, 2016, snack items must contain ≤ 230 mg sodium per item

- On school grounds, if sales occur 30 minutes after the end of school day.

Schools will also encourage fundraising activities that promote physical activity:

- All fundraising involving food on campus MUST meet strict state and federal laws. Check with the Food Services Manager prior to selling food during the school day; and
- All fundraising involving the direct solicitation by students regardless of where or when, such as catalogue sales, must be non-food items or if food, it must meet the same guidelines as food distributed on campus, with one annual exception per school site.

Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included. The district will allow one cookie dough fundraiser per year at each site.

Restricting Food and Beverage Marketing in Schools

Under the USDA's final rule on wellness policies, only foods and beverages that meet the Smart Snacks standards may be marketed on school campuses. Wright Elementary School District prohibits on-campus marketing during the school day of foods and beverages that fail to meet the Smart Snacks standards.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

Timeframe When Compliant Foods and beverages are Allowed to be Distributed

California Education Code §49430[1] now includes the stricter federal requirement when only compliant items can be distributed. Only compliant items can be distributed to students, on school campus, from midnight before to 30 minutes after the end of the official school day.

Elementary School - Student Organizations (Reference: California Code of Regulations Section 15500)

Student organization sales must meet all of the following:

- Only one food or beverage item per sale.
- The food or beverage item must be pre-approved by the governing board of the school district.
- The sale must occur after the lunch period has ended.
- The food or beverage item cannot be prepared on campus.
- Each school is allowed four sales per year.

- The food or beverage item cannot be the same item distributed in the food service program at that school during the same school day.

Snacks

All snacks must comply with California's food and beverage standards for schools as mentioned above. *Seventy-five (75) Snack Attack Ideas for Children* are included in Attachment A.

Rewards

- Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages distributed individually (above), as rewards for academic performance or good behavior,⁴ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

- Only ONE per class per month that involves food;
- Only foods that comply with this plan and policy are allowed in a celebration; and
- Celebrations involving food will be held after lunch whenever possible so as not to conflict with the regular lunch program.

But It's Just a Cupcake ... Typically, food for school celebrations includes cupcakes, candy, cookies and soda. So, what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines, and snacks constantly expose children to high-fat, high-sugar, low-nutrient choices. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom) schools can positively influence children's eating habits.

Class Birthday Snack Suggestions

If parents wish to share a snack with the class for their child's birthday, please notify for child's teacher ahead of time. Snacks will be in individual proportions and easy to pass out. Our school health policy discourages store-bought-processed-cupcakes. Due to this policy, please do **not** bring store-bought cupcakes. Refer to Attachment B for healthy birthday snack suggestions.

School Environment

- No marketing, promotions, advertising of non-nutritious foods on campus;
- Foods used in classroom lessons must comply with this plan and policy; and
- Staff is encouraged to model healthy choices.

⁴ Unless this practice is allowed by a student's individual education plan (IEP).

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or distributed at school-sponsored events during the school day will meet the nutrition standards for meals or for foods and beverages distributed individually (above). One-half hour after school does not have limitations.

IV. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion

Wright Elementary School District aims to teach, encourage, and support healthy eating by students. Schools will, to the extent possible, provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing, farm to table eating; and
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

- Classroom physical education and/or health education will provide students with knowledge of safe walking & bicycling practices and an understanding of the benefits of active and alternative transportation to health & the health of the environment, in order to establish and encourage life-long healthy transportation behavior;
- Classroom teachers shall be provided with resources to integrate safe pedestrian and bicycling education into the curriculum, as well as the benefits of walking, bicycling and alternative transportation to health & the environment;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children and emphasize the relationship between student health and academic performance. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school, including active transportation to/from school where feasible. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness

Wright Elementary School District highly values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff modeling of proper eating and exercise habits displayed towards students is highly recommended.

V. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Daily Physical Education (P.E.) K-8

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative education settings, will receive daily physical education (or its equivalent of 200 minutes/10 days for the entire school year. All physical education will be taught by a certified physical education teacher (this includes general education teachers).

In the grade 5-8 physical education programs, students are expected to pass the California Physical Education Standards and Frameworks. Students in grades 5-7 will also be tested in the

California State mandated Fitnessgram Test, which includes trunk and shoulder flexibility, push-ups, curl ups, aerobic capacity via a timed mile run and a calculation of body mass index using height and weight. Additionally, students participate in activities such as football, volleyball, soccer, basketball, dance, softball, pedestrian and bicycle skills/safety, personal fitness and health.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All middle schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. Students will be encouraged to utilize active transportation to/from school, when it is safe and feasible for them to do so and to/from sites where viable active transportation routes are present.

After-school childcare and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Teachers and other school and community personnel will seek opportunities for activity to be used as a reward.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours

School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning facilities use and safety will apply at all times.

Modeling Healthy Eating/Drinking Behaviors

District and School administration will encourage staff to model healthy eating/drinking behaviors.

District schools will take advantage of special events (i.e., math nights) to promote healthy foods for family wellness activities at home, healthy snacks, Safe Routes to School, etc.

VI. MONITORING AND POLICY REVIEW

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the superintendent or designee will report to the school board on the most recent USDA Administrative Review findings and any resulting changes. That report will be provided to the school board and also distributed to all school Wellness Committee members, parent/teacher organizations, school principals, and school health services personnel in the district. If the district has not received an Administrative review from the state agency within the past three years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Wellness Plan and Policy-Related Review

A Wellness Plan and policy-related review will be conducted yearly to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the superintendent or designee will review our nutrition and physical activity policies, the provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements.

VII. RESOURCES FOR LOCAL SCHOOL WELLNESS POLICIES ON NUTRITION AND PHYSICAL ACTIVITY

Crosscutting

- School Health Index, Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi>;
- Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>;
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, www.nasbe.org/HealthySchools/fithealthy.mgi;
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, www.iom.edu/report.asp?id=22596;
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf;
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, www.cdc.gov/healthyvouth/publications/pdf/ten_strategies.pdf;
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>; and
- *Cardiovascular Health Promotion in Schools*, American Heart Association.

School Health Councils

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]; and
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, www.nhealthyschools.org/nhealthyschools/lhtdocs/SHACmanual.pdf.

Nutrition

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <http://www.cdc.gov/HealthyYouthnutrition/MakingIt-Happen>;
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, www.fns.usda.gov/tn/Healthy/changing.html;

- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, www.health.gov/dietaryguidelines/dga2005/document;
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/pdf/rr/rr4509.pdf;
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, www.csba.org/pslhf.htm; and
- *Diet and Oral Health*, American Dental Association, <http://www.ada.org/public/topics/diet.asp>.

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <http://schoolmeals.nal.usda.gov/>;
- *Classroom Party Ideas, California Children's 5 a Day-Power Play! Campaign*, University of California Cooperative Extension, 4-H Expanded Food and Nutrition Education Program, cbekins@sonomacounty.org;
- *School Nutrition Dietary Assessment Study-III* a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, www.cspinet.org/nutritionpolicy/SNDAIIfind.pdf;
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, www.eatright.org/Member/Files!Local.pdf;
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, www.eatright.org/Public/NutritionInformation/92_8243.cfm;
- *HealthierUS School Challenge*, U.S. Department of Agriculture, www.fns.usda.gov/tn/HealthierUS/index.htm;
- *Breakfast for Learning*, Food Research and Action Center, www.frac.org/pdf/breakfastforlearning.PDF;
- *School Breakfast Scorecard*, Food Research and Action Center, www.frac.org/School_Breakfast_Report/2004; and
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], www.healthylarkansas.com/advisory_committee/pdf/final_recommendations.pdf.

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI); and

- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute
www.nfsmi.org/Information/Newsletters/insight24.pdf.

Nutrition Standards for Foods and Beverages Distributed Individually

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,
www.publichealthadvocacy.org/school_food_standards/schoolfoodstandards/Nutrition%20Standards%20Report%20-%20Final.pdf;
- State policies for competitive foods in schools, U.S. Department of Agriculture,
www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htrn;
- *Nutrition Integrity in Schools*, National Alliance for Nutrition and Activity;
- *School Foods Tool Kit*, Center for Science in the Public Interest,
www.cspinet.org/schoolfood;
- *Foods Distributed in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, www.cspinet.org/nutritionpolicy/Foods_Distributed_in_Competition_with_USDA_School_Meal_Programs.pdf;
- *FAQ on School Pouring Rights Contracts*, American Dental Association,
http://www.ada.org/public/topics/softdrink_fag.asp; and
- *Choose My Plate*, U.S. Department of Agriculture, www.choosemyplate.gov.

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture,
www.fns.usda.gov/tn/Resources/fvgalore.html;
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at www.shop5aday.com/acatalog/School_Food_Service_Guide.html;
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at www.shop5aday.com/acatalog/School_Food_Service_Guide.html;
- National Farm-to-School Program website, hosted by the Center for Food and Justice,
www.farmtoschool.org;
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>; and
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at www.5aday.org.

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf; and
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf.

Snacks

- *Healthy School Snacks*, Center for Science in the Public Interest; and
- *Materials to Assist Afterschool and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website)*, Food Research and Action Center, www.frac.org/html/building_blocks/afterschsummertoc.html.

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, www.cspinet.org/nutritionpolicy/constructive_rewards.pdf;
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, www.tn.fcs.msue.msu.edu/foodrewards.pdf; and
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service.

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf; and
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <http://ucce.ucdavis.edu/files/filelibrazy/2372/15801.pdf>.

Nutrition and Physical Activity Promotion and Food Marketing

Health Education

- *National Health Education Standards*, American Association for Health Education, http://www.aahperd.org/aahe/pdf_files/standards.pdf.

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), www.fns.usda.gov/tn/Educators/index.htm;
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, www.fns.usda.gov/tn/resources/powerofchoice.html; and
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, www.eatright.org/Public/index_19218.cfm.

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, www.emc.cmich.edu/brainbreaks; and
- *Energizers*, East Carolina University, www.ncpe4me.com/energizers.html.

Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, www.cspinet.org/pesteringparents; and
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, www.foodstandards.gov.uk/multimedia/pctfs/foodpromotiontochildren.pdf;
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <http://whglibdoc.who.int/publications/2004/9241591579.pdf>;
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>; and
- *Commercial Activities in Schools*, U.S. General Accounting Office, www.gao.gov/new.items/d04810.pdf.
- *California Education Code §49430[l]*
- *U.S. Department of Agriculture Food and Nutrition Service. Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010. Regulatory Impact Analysis. Alexandria, CA; 2016 at <https://www.regulations.gov/docket?D=FNS-2014-0010>*
- *Board Policy 5030: Student Wellness, Wright Elementary School District, revised 02/16/17*
- *Local School Wellness Policy Final Rule, Nutrition Services Division Management Bulletin, SNP-20-2016, November 2016 at <http://www.fns.usda.gov/school-meals/fr-072916c>*

Eating Disorders

- Academy for Eating Disorders, www.aedweb.org;
- National Eating Disorders Association, www.nationaleatingdisorders.org; and
- Eating Disorders Coalition, www.eatingdisorderscoalition.org.

Staff Wellness

- Health, Hungry-free Kids Act of 2010
- *School Staff Wellness*, National Association of State Boards of Education [link to pdf] *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, www.prevent.org/publications/Healthy_Workforce_2010.pdf;
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, www.welcoa.org/wellworkplace/index.php?category=7; and
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm;
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#Toc490380803; and
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>.

Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aabperd.org/template.cfm?template=ProductDisplay.cfm&Productid=368§ion=5>;
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>;

- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pas_papers/substitution.pdf; and
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, www.pe4life.org/articles/blueprint2004.pdf.

Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf;
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, www.opi.state.mt.us/schoolfood/recessBL.html;
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf; and
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>.

Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf; and
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf.

Safe Routes to School

- *Safe Routes to Schools Toolkit*, National Highway Traffic Safety Administration, www.nhtsa.dot.gov/people/injury/pedbimotlbike/saferouteshtml;
- *Kids Walk to School Program*, Centers for Disease Control and Prevention, www.cdc.gov/nccdphp/dnpa/kidswalk; and
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, www.walkinginfo.org/walkingchecklist.htm.

Monitoring and Policy Review

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <http://apps.nccd.cdc.gov/shi>;

- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, www.fns.usda.gov/tn/Healthy/changing.html;
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, www.actionforhealthykids.org/docs/specialreports/report_small.pdf;
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>;
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productid=726§ion=5>; and
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order online for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>.

Final Rule for Local School Wellness Policies, Action Steps for School Year 2017-18

- Review the FR and summary of the rule on the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) School Meals FR under the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) Web page at <http://www.fns.usda.gov/school-meals/fr-072916c>;
- School Wellness Committee Guide developed by the California LSWP Collaborative located on the Dairy Council of California School Wellness Committee Guide, Dairy Council of California School Wellness LSWP Web page at <http://www.healthyeating.org/Schools/School-Wellness/School-Wellness-Policies.aspx>
- Model LSWP policy template from the Alliance for a Healthier Generation, which is located on the Alliance for a Healthier Generation Take Action Schools Wellness Committees Policies Web page at https://healthiergeneration.org/take_action/schools/wellness_committees_policies/;
- San Diego County Obesity Prevention Initiative Resources Policy Clearinghouse Web page for useful examples of policy language at <http://ourcommunityourkids.org/resources/policy-clearinghouse.aspx>;
- School Health Index (SHI) as an assessment tool, Center for Disease Control and Prevention Web page at https://nccd.cde.gov/DASH_SHI/default/Login.aspx;
- USDA FNS Implementation Tools and Resources Web page at <http://www.fns.usda.gov/tn/implementation-tools-and-resources>;
- CDE LSWP Web page at <http://www.cde.ca.gov/ls/nu/he/wellness.asp>;

- California LSWP Collaborative Web page located on the Dairy Council of California School Wellness Web page at <http://www.healthyeating.org/Schools/School-Wellness.aspx>;
- School Wellness Policy Evaluation Tool – Rudd Center developed by the Robert Wood Johnson Foundation Healthy Eating Research Program, Working Group 1 at www.uconnruddcenter.org/files/Pdfs/SchoolWellnessPolicyEvaluationTool.pdf;
- Wellness School Assessment Tool (WellSAT:2.0), Rudd Center at www.wellsat.org;
- Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule, USDA Food and Nutrition Service, United States Department of Agriculture (USDA) at <https://www.fns.usda.gov/tn/local-school-wellness-policy>.

ATTACHMENT A

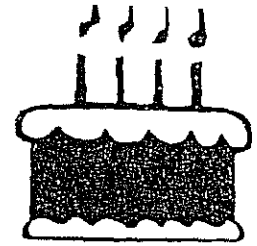
75 SNACK ATTACK IDEAS FOR CHILDREN

1. Celery stuffed with cottage cheese topped with raisins
2. A bunch of grapes
3. Sliced bananas
4. Sunflower seeds
5. Whole-wheat toast, spread with apple sauce and topped with cinnamon
6. A frozen banana
7. Celery with SunButter¹
8. Pumpkin seeds
9. A hard-cooked egg
10. Breadsticks
11. Vegetable juice
12. Half a grapefruit
13. Honeydew melon wedge sprinkled with lime juice
14. Partially thawed frozen strawberries with milk and vanilla
15. Dried prunes
16. Sparkling mineral water with fruit juice
17. Baked apple filled with pineapple chunks
18. Half a cantaloupe with cottage cheese
19. Glass of buttermilk flavored with orange juice
20. Tangerine
21. SunButter on toast
22. Broccoli flowerettes steamed and sprinkled with lemon
23. Plain yogurt topped with fresh or water-packed peaches
24. Cheese slice and a pickle
25. Stewed mixed dried fruit: apples, apricots, pears and raisins
26. Tomato slice with tuna and melted cheese
27. Bagel with a tablespoon of cream cheese
28. Waffle with SunButter
29. Raisins
30. Slice of Swiss cheese and a piece of apple
31. Hot apple juice with cinnamon and nutmeg
32. Chow mein noodles
33. Half an avocado sprinkled with lemon juice
34. Popcorn (reminder: the microwave kinds are usually high in fat)
35. Raw veggies with hummus (chickpea) or yogurt dip
36. Puffed wheat or rice cereal with milk
37. Carrot juice

¹ SunButter Organic Sunflower Spread is a peanut free, school safe **sunflower butter**

38. Ice pops made with frozen orange juice
39. Banana with wheat germ
40. Tossed salad
41. Cottage cheese and raisins sprinkled with cinnamon
42. Banana topped with yogurt and cinnamon
43. Figs
44. Open-faced lettuce and tomato sandwich
45. Baked potato with parmesan cheese
46. Kosher dill pickle
47. Dried papaya
48. Cheese with wheat wafers
49. Glass of lowfat milk
50. Cherry tomatoes dipped in yogurt
51. SunButter on crackers
52. Cottage cheese with apple slices
53. Open-face tomato and cucumber sandwich on whole wheat bread
54. Orange slices, dates, and shredded coconut
55. Sliced cucumbers sprinkled with vinegar
56. Health shake - yogurt, pineapple juice, strawberries and wheat germ mixed in blender
57. Toasted English muffin with cheese
58. Dates with lowfat cottage cheese
59. Raw zucchini strips
60. Watermelon wedge
61. Cup of vegetable soup
62. Applesauce topped with cinnamon
63. SunButter on oatmeal bread
64. Canned water-packed pineapple chunks with lowfat yogurt
65. Shredded whole wheat cereal with fruit slices and milk
66. Carrot-raisin salad
67. Frozen nonfat yogurt
68. Fruit or vegetable kabobs (a variety of small pieces on toothpicks)
69. Sliced cheese and cucumbers on rice cakes
70. Frozen juice bars
71. Frozen grapes
72. Banana pops (sliced bananas dipped in orange juice and rolled wheat germ, coconut, or crushed ready to eat cereal; wrapped in foil and refrigerated)
73. Refried beans on tortillas
74. Quick pizzas (tomato sauce, grated low fat cheese, seasonings, chopped vegetables on half an English muffin)
75. Frobana Crunch (bananas cut into 4 pieces, dipped in fruit-flavored yogurt, rolled in crushed graham crackers, and frozen)

ATTACHMENT B
BIRTHDAY SNACK IDEAS



Birthdays

If you wish to share a snack with the class for your child's birthday, please let me know ahead of time.

Snacks should be in individual proportions and easy to pass out.

We are trying to encourage healthier eating options. Our school health policy discourages store-bought processed cupcakes because of the nutritional value (too much sugary frosting). Due to this policy, please do **not** bring store-bought cupcakes.

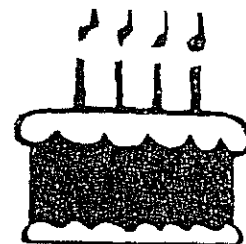
Some examples of treats to bring are:

- Vegetable Trays
- Muffins
- Fresh fruit
- Cheese and crackers

Sincerely,

I have read and understand the birthday snack policy.

_____ Parent Signature



Cumpleaños

Si desea compartir un refrigerio con la clase para el cumpleaños de su hijo, hágamelo saber con anticipación.

Los bocadillos deben estar en proporciones individuales y fáciles de desmayar.

Estamos tratando de alentar opciones de alimentación más saludables. Nuestra política de salud escolar desalienta las magdalenas procesadas compradas en la tienda debido al valor nutricional (demasiado glaseado azucarado). Debido a esta política, **no** traiga cupcakes comprados en la tienda. Algunos ejemplos de trata de llevar son:

- Bandejas de Varduras
- Magdalenas
- Fruta fresca
- Queso y galletas

Sinceramente,

He leído y entiendo la política de meriendas de cumpleaños.

Parent Signature