

Oberon School

Wellness Policy

Area 1: Nutrition Education Goals

- 1-1 Students in K through 8th grade receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- a. The school links nutrition education activities with the school health education
 - b. Using the school lunch menu to teach nutrition offered for the school day to be used for classroom teaching
 - c. Materials sent to the School Food Service Program on nutrition will be used for student classes.
 - d. Nutrition specialist offered to our school to teach nutrition will be utilized.
 - e. Professional development for teaching and serving good nutrition will improve by participatin in classes

Area 2: Physical Activity Goals

- 2-1 The students will be offered a variety of opportunities to be physically active.
- a. Every student that is able will participate in at least one program of school based activity.
 1. Physical education classes
 2. Competitive sports
 - b. School students have at least 20 minutes for recess each day.
 - c. There is adequate PA equipment for students to use during recess (jump ropes, hula hoops, balls, etc)
 - d. Teachers integrate PA into class time (stretch breaks, activities that involve movement)
 - e. School staff does not use PA as a punishment (withholding recess or PE class; requiring students to run laps or do push-ups)

Area 3: Nutrition Standards for All Foods Available on School Campus during the School day

- 3-1 Proper dietary habits contributing to students' health status and academic performance
- a. School personnel are encouraged to be good role models.
 - b. Child Nutrition Program is administered by School Food Service staff properly qualified according to current professional standards.
 - c. School Food Service personnel will have appropriate pre-service training and regularly participate in professional development activities.
 - d. Menus are planned with input from students and include local, cultural and ethnic favorites of the students.

- e. Menus meet nutrition standards established by the USDA, conform to good menu planning principles and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and served at the proper temperature.
- f. School Food Service personnel will use food preparation techniques to provide meals lower in saturated fat, sodium and sugar. Healthy food choices will be offered that include lean meats, fruits, vegetables, whole grains, and low fat or non-fat milk.
- g. School policies include nutrition standards for food and beverages offered at parties, celebrations, and social events – see healthy celebrations
- h. School staff does not use food as a reward or punishment for students (see 2 page attachment)

Area 4: Goals for other school based activities designed to promote student wellness

4-1 Administrator and all school personnel will support development of healthy lifestyle for students

- a. Meal periods are scheduled at appropriate times: other activities will not be scheduled during meal times.
- b. Eating area is attractive and have a home atmosphere.
- c. Recess is scheduled before lunch so that children will come to lunch less distracted and ready to eat.
- d. Everyone will have a minimum of 20 minutes to eat a meal.
- e. Adult properly supervise dining room and serve as role models to students, encouraging socializing among students and between students and adults.
- f. Creative, innovative methods are used to keep noise levels appropriate – no “eat in silence”.
- g. Handwashing equipment and supplies are in a convenient place so students can wash hands before eating.

Local Wellness Policy Component 5: Goals for Measurement and Evaluation

- a. Funding support for wellness policy (I believe we already have this funding by having professional and qualified personnel hired to put and carry out the wellness policy.
- b. Monitoring and evaluation (here they are asking for a group that will be responsible for overseeing the policy by reporting on the status of the policy.)



Healthy Celebrations

Ideas for Healthy School Parties and Other Celebrations



Birthday parties and holiday celebrations at school provide a unique opportunity to help make healthful eating fun and for children to practice wise food choices. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences.

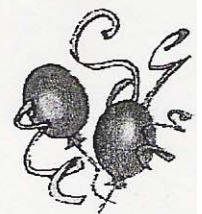
Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices! Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and other celebrations.

Activities to Celebrate the Child

- ☆ Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- ☆ Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- ☆ Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- ☆ Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- ☆ Instead of a party, organize a special community service project, e.g., invite Senior Citizens in for lunch, make "curechiefs" for chemotherapy patients, and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- ☆ Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- ☆ Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- ☆ Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.)
- ☆ The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity, and choose a game or story.

Healthy Food Ideas*

- ☆ Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- ☆ Fruit smoothies (blend berries, bananas and pineapple)
- ☆ Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- ☆ Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- ☆ Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- ☆ Whole-grain crackers with cheese cubes, string cheese or hummus
- ☆ Waffles or pancakes topped with fruit
- ☆ Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- ☆ Angel food cake, plain or topped with fruit
- ☆ Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- ☆ Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- ☆ Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
- ☆ Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- ☆ Quesadillas or bean burrito with salsa
- ☆ Low-fat breakfast or granola bars
- ☆ Low-fat tortilla chips with salsa or bean dip
- ☆ Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- ☆ Nuts and seeds



*Check for food allergies before serving



Alternatives to Food as a Reward

Ideas for Alternatives to Using Food as a Reward



Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as a reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

Schools can help promote a healthy learning environment by using nonfood rewards. The ideas below are just a beginning and can be modified for different ages. Be creative, and don't forget the simple motivation of recognizing students for good work or behavior.

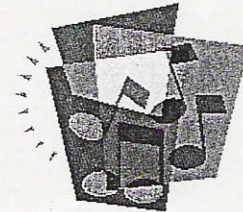
Elementary School Students

- ☆ Make deliveries to office
- ☆ Teach class
- ☆ Sit by friends
- ☆ Eat lunch with teacher or principal
- ☆ Eat lunch outdoors with the class
- ☆ Have lunch or breakfast in the classroom
- ☆ Private lunch in classroom with a friend
- ☆ Be a helper in another classroom
- ☆ Play a favorite game or do puzzles
- ☆ Stickers, pencils, bookmarks
- ☆ Certificates
- ☆ Fun video
- ☆ Extra recess
- ☆ Walk with the principal or teacher
- ☆ Fun physical activity break
- ☆ School supplies
- ☆ Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)
- ☆ Dance to favorite music in the classroom
- ☆ Paperback book
- ☆ Show-and-tell
- ☆ Bank system - Earn play money for privileges
- ☆ Teacher or volunteer reads special book to class
- ☆ Teacher performs special skill (singing, etc.)
- ☆ Read outdoors or enjoy class outdoors
- ☆ Have extra art time
- ☆ Have "free choice" time at end of the day or end of class period
- ☆ Listen with headset to a book on audiotape
- ☆ Items that can only be used on special occasions (special art supplies, computer games, toys)
- ☆ Read to a younger class
- ☆ Sing a silly song together
- ☆ Start and maintain a vegetable garden
- ☆ Be first in line when the class leaves the room



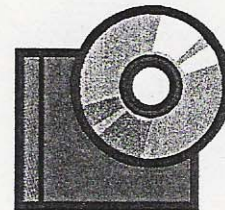
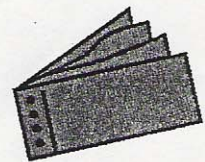
Middle School Students

- ☆ Sit with friends
- ☆ Listen to music while working at desk
- ☆ Five-minute chat break at end of class
- ☆ Reduced homework or "no homework" pass
- ☆ Extra credit
- ☆ Fun video
- ☆ Fun brainteaser activities
- ☆ Computer time
- ☆ Assemblies
- ☆ Field trips
- ☆ Eat lunch outside or have class outside



High School Students

- ☆ Extra credit
- ☆ Fun video or DVD
- ☆ Reduced homework
- ☆ Donated coupons to video stores, music stores or movies
- ☆ Drawings for donated prizes among students who meet certain grades or other standards



Adapted from: "What Schools Can Do - Ideas for Alternatives to Using Food as a Reward", Connecticut State Department of Education, September 2004 and "Local Wellness Policy - Guide for Development", Appendix B, Mississippi Department of Education, May 2005