

Elementary Wellness Goals 2006-2007

School _____

Please return by Feb. 16

Breakfast	Lunch	A la carte	Vending	During the Day	After School	Guideline: Nutrition	Status Please explain what action is being taken
X						All pre-packaged cereals offered contain: 35% or less of weight from total sugar (or less than 9 g per 100 calories), and 1 g or more of fiber per serving	District
X						Foods containing whole grains are offered daily.	District
X						Fresh, canned, dried or frozen fruits or vegetables are offered daily.	District
X	X					Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily, sold as a la carte or in vending machines where applicable.	District
		X				The same portion size of any food items served in the school breakfast or lunch is sold a la carte.	District
		X				All other a la carte items meet all of the following criteria: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g per 100 calories) Calories – 200 or less calories per selling unit.	District
		X				All soy or rice beverages sold a la carte contain 35% or less of weight from total sugar (or less than 9 g per 100 calories)	District
		X				All juice products sold a la carte contain 100% juice.	District
				X		Foods and beverages offered are in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. Foods of minimal nutritional value include: soda, water ices, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy or candy coated popcorn.	District
				X		Foods and beverages for classroom rewards, parties, snacks and celebrations will not be provided until at least one hour after the end of the last lunch period.	
				X		Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.	
				X		Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.	
					X	Snacks meet both of the following guidelines on at least 3 days of the week: Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g per 100 calories) Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g per 100 calories) Calories – 200 or less calories per selling unit.	District

Classroom	Cafeteria	During the Day	After School	Staff Wellness	Other	<u>Guideline:</u> Nutrition Education	Status Please explain what action is being taken.
X						Classroom nutrition education covers importance of drinking adequate water	Water bottles-district
X						Classroom nutrition education covers serving sizes	K-5 curriculum -district
	X					Attractive, current nutrition education materials will be prominently displayed in dining areas	Provided by district
	X					Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day	
					X	Parents will be invited to join students for school meals	
X						School Administrators will inform teachers about opportunities to attend trainings on nutrition and the importance of role modeling healthful habits for students	
X						Classroom nutrition education will be provided as part of health education	K-5 curriculum-district
X						Classroom nutrition education covers trying new foods/importance of eating a variety of foods	K-5 curriculum - district
X						Classroom nutrition education covers choosing healthful foods using cafeteria meals, vended items, and a la carte items as examples	
X						Classroom nutrition education covers healthy body image	6 th grade health-district
	X					Students will learn about the nutrition requirements for school meals and some students will be involved in helping plan menus	
	X					Staff will discuss with students the nutrition education materials displayed in the dining areas	
		X				Each year, some individual classrooms will participate in events that are either centered on or include nutrition as a main component	Slice of Agriculture – district
			X			At least twice a week, the after school educator will explain why the snack served is a healthful choice	
			X			After school programs will reinforce classroom learning by providing interactive nutrition education activities	
				X		Schools and all other district buildings will encourage each member of the staff (both certified and non-certified) to serve as healthy role models for students	
					X	Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families	Nutrition Nuggets - district
					X	The principal will review the wellness policy and goals with their building site council and PTO	

PE Classroom	During the Day	Punishment	Recess	Before & After School	Family & Community	<u>Guideline:</u> Physical Activity	Status Please explain what action is being taken
			X			Moderate (i.e. walking) to vigorous (i.e. running) physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment	
	X					Classroom education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching TV	K-6 curriculum- district
	X					When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active	
	X					Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate	
		X				Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment during the school day	
			X			Elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors	
				X		Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities	
				X		All students will be provided the opportunity to be moderately to vigorously physically active each day	
					X	Community members will be provided access to the school's physical facilities outside of the normal school day. School policies concerning safety will apply at all times	
					X	Information will be provided to help families incorporate physical activity into the lives of all household members	Nutrition Nuggets - district