

Healthy Kids Learn Better

A Guide to the Student Wellness Policy

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Healthy Kids = Great Students



Clear Creek Elementary School District's Health & Wellness Philosophy

The governing board of Clear Creek Elementary School District recognizes the important connection between a healthy lifestyle and a student's ability to learn effectively. The Board acknowledges that schools play a vital role in childhood nutrition and fitness. Families and communities often look to schools to set the example for positive behaviors. It is the school's goal to provide a strong foundation for all students' future health and well-being, for the good of the individual, as well as, the community. Good health fosters attendance and education, therefore children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

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Why we have a CCESD Student Wellness Policy *Healthy Kids Learn Better*

Policy:

The Governing Board of the Clear Creek Elementary School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. It is the goal of the CCESD to build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Rationale:

The CCESD wants to provide the best possible learning environment for children, and to do this we need to provide an environment that supports healthy behaviors. Parents, schools and students all play an important role in optimizing student success and reinforcing healthy lifestyle habits.

Implementation:

1. The Health and Wellness committee will meet as part of the school's monthly Site Council meetings. The committee may include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.
2. This council or committee will assist with policy development and advise the District on health related issues, activities, policies and programs, including planning and implementation of activities to promote health within the school or community.
3. Parents can be involved in implementing the Wellness Policy at their school by contacting the Principal or their school Site Council. School sites need your help to accomplish these goals.
4. The Superintendent/Principal or designee shall report to the Board at least every two years on the implementation of the Wellness Policy and any other Board policies related to nutrition and physical activity.

Nutrition Education and Physical Activity Goals

Policy:

The CCESD's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Students:

① Nutrition Education shall be provided as part of the health and education program in grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before-and-after school programs.

② All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and-after-school programs, and other structured and unstructured activities.

School Staff:

① All staff will be encouraged to serve as positive role models. The District shall promote and may provide opportunities for regular physical activity, and healthy lifestyle choices among employees.

② Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors and lifestyles.

Family:

In an effort to encourage consistent health messages between the home and school environment, CCESD may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the district web site, and other communications.

Environment:

The CCESD Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Rationale:

Regular physical activity and nutritious foods improve physical well-being for students. These healthy behaviors also help improve concentration, reduce disruptive behavior and lead to overall academic achievement.

"Schools that offer intense physical activity programs see positive effects on academic achievement including increased concentration; improved mathematics, reading and writing test scores; and reduced disruptive behavior."

-Healthy Food Policy Resource Guide, California Project Lean

Nutrition Guidelines for Foods Available at School

Policy:

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

Clear Creek Elementary School District believes food and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the district's food service program shall meet or exceed state and federal nutrition standards for fat, saturated fat, sugar, and total calories.

** On occasion, the District will make reasonable exceptions and allow celebrations that may or may not meet nutritional guidelines as listed in the federal nutrition standards.*

California SB12 Food Standards:

Only full meals and individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, and non-fried vegetables and legumes may be sold to elementary school students. Dairy and whole grain items may be sold if they meet the following standards:

Total calories: Snacks not more than 175 calories at elementary schools and not more than 250 calories at middle and high schools

Total fat: Less than or equal to 35%

Saturated fat: Less than 10% of calories

Sugar: Not more than 35% by weight

A-la-carte entrees: Not more than 400 calories (*for middle and high school*)

**Food and beverages available through the district's food service program shall be served in age-appropriate portions.*

California SB 965 Standards

The following beverages may be sold to students:

Elementary and Middle Schools

- Fruit and vegetable-based drinks with no less than 50% fruit and/or vegetable juice and no added sweetener.
- Drinking water with no added sweetener.
- 2%, 1%, and non-fat milk, soy milk, rice milk and other similar non-dairy milk.

Nutrition Guidelines for Foods Available at School

CCESD will strive to adopt the best and most current nutrition standards for our children and implement model wellness strategies. As new research and nutrition information becomes available we will modify our standards for fat, saturated fat, sugar and total calories to promote optimal health.

Rationale:

Obesity rates have doubled in children and tripled in adolescents over the last two decades (National Center for Health Statistics). Both physical inactivity and excessive caloric intake are associated with obesity.

Access to healthy foods and beverages during school hours is important for student academic success and long-term health and well-being.

Nutrition Guidelines for Foods Available at School

“Inadequate nutrition during childhood can have lasting effects and compromise cognitive development and school performance.”

-Healthy Food Policy Resource Guide,
California Project Lean

Rewarding Academic Performance

Policy:

The Superintendent/Principal or designee encourages school staff to avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments, or classroom behavior.

Rationale:

Providing food for performance or behavior connects food to mood. This encourages children to eat when they are not hungry and can instill lifetime habits of rewarding or comforting with food. These behaviors are associated with unhealthy eating and obesity because they reinforce eating outside of meal or snack time.

Implementation:

School staff are encouraged to use non-food rewards to reward children and encourage positive behavior. Teachers and administrators are urged to act as positive role models and reward students in ways that promote health.

The rewards can be simple social rewards which involve attention and praise or recognition rewards that publicly commend a student's achievement.

Parent groups, Parent Teacher Organization, VIPS, and volunteers are also urged to act as positive role models and should avoid frequent use of food as a reward for students.

Rewarding Academic Performance

"The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward."

-Constructive Classroom Rewards,
Center for Science in Public Interest

Non-Food Reward Ideas:

Elementary School Students

• Make deliveries to office • Sit by friends • Eat lunch with teacher or principal • Eat lunch outdoors with the class • Private lunch in classroom with a friend • Be a helper in another classroom • Play a favorite game or do puzzles • Stickers • Bookmarks • Certificates • Extra recess • Walk with the principal or teacher • Fun physical activity break • Trip to treasure box filled with non-food items (stickers, pencils, erasers, bookmarks, desktop tents) • Paperback book • Show-and-tell • Teacher or volunteer reads special book to class • Teacher performs special skill (singing, cart wheel, guitar playing, 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 • Access to items that can only be used on special occasions (special art supplies, computer games, toys) • Taking care of the class animal for the day • Reading to a younger class • “No homework” pass • A note from the teacher commending the student for their achievement

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 brain-teaser activities • Computer time • Assemblies • Field trips • Eat lunch outside or have class outside • festive pencils/pens/erasers • name on board • take on leadership role

Rewards for the entire class

• Extra recess • Eating lunch in a special place • Going to lunchroom first • Holding class outdoors • Extra art, PE or reading time • Listening to music while working • A field trip • “Free choice” time at the end of the day

*(Examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition--a partnership between the Michigan Dept. of Education and Michigan State University Extension.)

Class Parties and Celebrations

Policy:

School staff shall encourage parents/guardians or other volunteers to support the CCESD's nutrition education program by considering nutritional quality when selecting snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards. Parents should be encouraged to also provide nutritional options as well. Caffeinated and energy drinks are not allowed.

Class parties or celebrations shall be held after the lunch period when possible.

Rationale:

Celebrations provide an opportunity for parents, students, and schools to work together to promote healthy lifestyle habits. Healthy school celebrations are a key component of the wellness policy because they:

- Provide a consistent health message and support the classroom lessons on health instead of contradicting them.
- Promote a healthy school environment by focusing on the person or event being celebrated, instead of focusing on food. Healthy school celebrations demonstrate the importance of balance and moderation in healthy eating.
- Create excitement about nutrition by presenting healthy foods in fun and engaging ways.

Class Parties and Celebrations

Celebrations provide an opportunity for parents, students, and schools to work together to promote healthy lifestyle habits.

Celebration Ideas:

Implementation:

Teachers and parents can use suggestions included in this guide to promote healthy celebrations.

General Ideas:

- Focus on the holiday, person, or event rather than the food.
- Plan creative experiences such as art, music, or simple food preparation.
- Plan party games and activities. Ask parents to provide game supplies instead of food.
- Involve students in planning and preparing by making decorations and favors.
- Limit using food as rewards or prizes.

Birthday Parties:

- Honor the child with a special button, badge, or crown.
- Allow the child to be “first” at something that day.
- Instead of food, ask the parents to donate a book for the classroom or school library in the birthday child’s name. Have the parents read it to the class.
- Sing “Happy Birthday!”

Food Ideas:

- Air-popped popcorn
- Pretzels
- Crackers and peanut butter†
- Baked chips and salsa
- Cut up fruit with yogurt dip
- Cut up veggies with yogurt/ranch dip
- Low fat breakfast or granola bars
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds†
- 1% milk
- 100% fruit juice
- Water

- 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

†Check for food allergies before serving.

For more ideas visit www.gameskidsplay.net for an extensive list of games for kids.

Celebration Ideas:

Themes:

Halloween

- There's more to Halloween than just candy.
- Explore the history and legends behind Halloween.
- Make homemade masks.

Thanksgiving

- Give thanks for what we have and for the people we have in our lives. Write a letter expressing our gratitude to someone special.
- Explore gratitude through poetry, art, or writing.

Christmas, Hanukkah, Kwanzaa

- Community outreach is a natural activity at this time of year. Use money that would be spent on food for a worthy community cause.
- Decorate pillowcases for a homeless shelter.
- Make holiday cards for a nursing home.
- Collect animal treats for the animal shelter.

Valentine's Day

- Ask each student to write a positive attribute of each classmate and pass them out for valentines.
- Explore ways that love manifests through poetry, art, or writing.

Easter/Spring

- Explore themes of renewal, nature's cycles, and new growth through reading, art, or writing.
- Plant bulbs in the schoolyard in the Fall so they can be experienced in the Spring.
- Fill baskets with books and school supplies.

Food Ideas:

- Roasted pumpkin seeds
- Pumpkin bread muffins

- Nuts† and dried fruit trail mix
- Corn bread

- Popcorn mixed with dried cranberries
- Angel food cake topped with fresh strawberry slices and whipped cream

- Fresh fruit skewers

- Fruit salad with yogurt
- Celery wagons and peanut butter

†Check for food allergies before serving.

Fundraising

Policy:

The Superintendent/Principal or designee encourages school organizations to include healthy food items or non-food items for fundraising purposes.

Implementation:

Below is a list of school fundraising strategies that meet both financial and student health needs.

Fundraising Ideas that are unique:

• Ornaments • Flowers/plants/bulbs • Pens, pencils, erasers • Stadium chairs/blankets

Fundraising Ideas that support academics:

Read-a-thon • Used Book Fair • Spelling Bee • Game Nights

Fundraising Ideas that promote artistic creativity:

Aprons • Cookbooks • Note cards/Stationery • Mugs • Logo-wear

Fundraising Ideas that promote physical activity:

Walk-a-thon • Jump-Rope-a-thon • Fun Run • Golf Tournament

Fundraising Ideas that enhance family participation:

Carnivals/Festivals • Bingo night • Rummage/garage sale • Craft sales • Live or silent auctions

The Link Between Home & School

In order for the CCESD to successfully implement the Wellness Policy, it is important to have a consistent link between home and school. All parents and guardians are encouraged to act in alignment with the nutrition guidelines the District has implemented. Following these guidelines reinforces the nutrition lessons taught at school and promotes healthy habits to last a lifetime.

Breakfast – still the most important meal:

Fuel up in the morning! Remember to fill up your kids “gas tank” before school. All children need breakfast in order to meet their nutritional needs and enhance their ability to learn.

Did you know?

- Eating breakfast promotes proper growth and maximizes school performance.
- Eating breakfast each morning before school will decrease tiredness & irritability and increase concentration, problem solving skills and muscle coordination!

Breakfast ideas include:

oatmeal • whole grain cereal • frozen whole grain waffles • fruit and yogurt • breakfast burritos • fruit smoothies

Snacks:

Including complex carbohydrates with protein at morning snack time helps insure stable energy levels until lunch and prepares your child for academic success.

Snack ideas include:

fresh fruit and vegetables (i.e. baby carrots) with nuts or low-fat string cheese • low-fat yogurt • trail mix (without candies) • dried fruit and nuts • low fat breakfast bars (no hydrogenated oils) • small sized bagels or whole wheat crackers with peanut butter†

Lunch:

Healthy ideas when packing lunch:

Peanut butter† and fruit sandwich • Wraps or tortilla roll ups Pita sandwiches • Pizza • Baked chips or pretzels • Fresh fruit • Veggies with dip

Items to avoid sending to school on a regular basis:

Sodas • Chips • Candy • Fried foods • Cookies • Doughnuts

Fuel up in the morning!
Remember to fill up your kids “gas tank” before school.

Resource List

Questions regarding this Guide to the Wellness Policy?

Please contact Carolyn Cramer, Clear Creek School Principal at (530) 273-3664.

The following web sites and publications are provided as a resource for additional information.

Web Sites	Publications
Action for Healthy Kids www.actionforhealthykids.org	California Project LEAN Publication <i>"Healthy Food Policy Resource Guide"</i> 2003
California Project LEAN (Leaders Encouraging Activity and Nutrition) www.CaliforniaProjectLEAN.org	Center for Disease Control Publication <i>"School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools"</i> 2000
USDA My Pyramid www.mypyramid.gov	USDA Publication <i>"Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A guide to Local Action"</i> 2000
California Department of Health Services, School Health Connections www.dhs.ca.gov/schoolhealth	
California Healthy Kids Resource Center www.californiahealthykids.org	
Dairy Council of California www.dairycouncilofca.org	
National Alliance for Nutrition and Activity: www.cspinet.org/nutritionpolicy	
Center for Science in the Public Interest www.cspinet.org	
School Nutrition Association www.schoolnutrition.org	
Health Science Education Activities for Educators and Students www.learntoBehealthy.org	
USDA's Food and Nutrition Center www.fnrc.nal.usda.gov/nal	
For an extensive list of games for kids www.gameskidsplay.net	