



SUMMIT SCHOOL DISTRICT
HEALTH PROMOTING SCHOOL
GUIDE AND RESOURCES

OCTOBER 2007

Healthy Kids Learn Better

The link between nutrition, physical activity, and learning is well documented. Healthy eating and adequate physical activity are essential for students to achieve their full academic potential, physical and mental growth, and often determine lifelong health and well-being.

To provide the best possible learning environment for children, schools must support an environment that encourages healthy behaviors and choices. This focus will enhance overall student health, positive behavior and academic achievement.

Staff wellness is also an integral part of a health promoting school. Staff can be daily role models for healthy behaviors.

Summit School District
School Wellness Policy (ADF)

Adopted June 28, 2006

Rationale	<p>Schools contribute to the basic health status of students, families, and staff by facilitating learning through the support and promotion of good nutrition and physical activity.</p> <p>Children and youth need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.</p>
-----------	---

- Goal #1: Nutrition Education— Summit School District acknowledges that the primary goal of nutrition education is to influence students’ eating behaviors. Additionally, building nutrition knowledge and skills helps children and youth make healthy eating and physical activity choices. Summit School District will provide nutrition education that fosters lifelong healthy eating.
- Goal #2: Physical Activity — Summit School District recognized the positive benefits of physical activity for student health and academic achievement. Understanding that physical education is a crucial and integral part of a child’s education, the district will provide opportunities to ensure that students engage in healthful levels of physical activity to promote and develop each student’s physical, mental, emotional, and social well-being. In addition to promoting personal achievement and a positive self-image, physical activity programs should support a student’s character education and development.
- Goal #3: Nutrition Standards — Students’ lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. Summit School District acknowledges that the feeding of children is primarily a family responsibility. To supplement their efforts, the Food and Nutrition Services Department will operate a program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- Goal #4: Other School Based Activities — Summit School District aims to teach, encourage, and support healthy eating by students. Additionally, the district recognizes that dietary habits contribute to each student’s health and academic performance. Summit School District will ensure that all foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district’s nutrition standards.

Physical Activity

Rationale

Several studies have shown that physical activity improves reading, writing, and math scores. There is also an association between physical activity and improved cognitive function, mental acuity, and mental status. School based physical activity has also been linked with reductions in discipline problems, improved school attendance, and reduced likelihood that students will smoke or use alcohol or drugs. (Weisner, 2002)

Health Promoting Schools Have Teachers that Integrate Physical Activity into Their Classroom to Promote Learning

Take a Physical Activity Break

To take a physical activity break during the day should not require more work for teachers or cut in to student learning time. Everyone can benefit from mental breaks and they can be as short as standing up and stretching for one minute.

To increase the benefits of physical activity take a longer break (5-10 minutes) that includes more movement.

The classroom teacher is a very important component in the creation of a positive attitude toward physical activity. Through the use of classroom energizers, the classroom teacher not only instills the value of physical activity, but also allows the students to refocus their attention to classroom tasks. A 3-5 minute energizer break at least once a day helps improve student performance and reduces potential boredom. NASPE

Use Energizers

Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minutes) activities that classroom teachers can use to provide activity to children.

Use it as a learning strategy. Have students walk / jog in place, do jumping jacks, or toe touches as they ask / answer questions, listen to others or to instructions.

Rationale	<h2 style="margin: 0;">Physical Education</h2> <p>Every student should have the opportunity to participate in quality physical education, which provides learning experiences that meet the developmental needs of students, help improve a child’s mental alertness, academic performance, readiness to learn, and enthusiasm for learning. (NASPE)</p>
------------------	--

Health Promoting Schools Have Physical Education Teachers that are Adequately Prepared and Regularly Participate in Professional Development Activities that are Based on Best Practices and Teaching Methods

High Quality Physical Education

Physical Education (PE) can increase student participation in moderate to vigorous physical activity and help students gain the knowledge, attitudes and skills they need to engage in lifelong physical activity.

Quality PE programs are important because they provide learning experiences that meet the developmental needs of children and adolescents, which help improve a child’s mental alertness, academic performance, readiness to learn, and enthusiasm for learning.

According to NASPE guidelines, a quality physical education program includes: the opportunity to learn, meaningful content and appropriate instruction.

Lifetime Wellness Instruction includes developmentally appropriate lessons that help students develop the knowledge, attitudes, skills and behaviors needed to adopt, maintain and enjoy a physically active lifestyle.

It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. Dietary Guidelines for Americans 2005

Physical Education Recommendations:
 Instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
 NASPE

Rationale	<h2 style="margin: 0;">Nutrition Education</h2> <p>A healthy diet is essential for a child’s normal growth and development. Children and youth are establishing food patterns that carry into adulthood. Building nutrition knowledge and skills help children and youth make healthy eating and physical activity choices. Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.</p>
------------------	--

Health Promoting Schools Have Nutrition Messages Throughout the School that are Consistent and Reinforce Each Other

- To Make a Difference, Nutrition Education for Children and Youth Should:
- * Address essential topics such as healthy eating
 - * Be appropriate for the students’ ages
 - * Reflect their culture
 - * Be part of a comprehensive health education curriculum and / or integrated throughout the curriculum in content areas and electives
 - * Provide opportunities for students’ to practice skills
 - * Be interactive and hands-on
 - * Have cafeterias serve as “learning laboratories”
 - * Engage families as partners in their children’s nutrition education by supporting parental efforts to motivate and help their children with maintaining and improving their health, and
 - * Be fun
- Centers for Disease Control and Prevention

Be a Role Model

Talk to your students / children about the importance of healthy eating

Have healthy food and drink choices at meals and snacks

Do not consume foods of limited nutritional value in front of children / students

50 hours of nutrition education per year is required to impact students’ attitudes and behavior

U.S. Department of Education

Recess

Rationale

Recess provides an unstructured setting where children have the opportunity to practice observation and social skills, develop their imagination and invention techniques, and enhance vital organ and muscle growth.

Educational research consistently indicates that break time does have positive educational value. Four field experiments conducted in American elementary schools found that the longer children worked without a break on standardized tests, the less attentive to the task they became. In addition, children were more attentive to class work after recess than before. (Pellegrini & Davis, 1993)

On May 17, 2006, NASPE (National Association for Sport and Physical Education) urged parents and principals to provide at least on 20-minute period of recess because it is an integral component of a child's physical, social, and academic development.

Health Promoting Schools Do Not Withhold Recess as Punishment, Discipline, or Use Recess to Complete Assignments or to Provide Additional Learning Time.

Try Implementing Recess Before Lunch

Recess before lunch allows students to be more relaxed and focused on eating during lunch rather than anticipating the playground. It has been proven that students are calmer and ready to learn when they return to the classroom. Also, there is less plate waste and less trash, and a decreased number of nurse visits after recess.

Keys to Success to Recess Before Lunch

1. Focus on the benefits rather than the obstacles.
2. Students are likely to be hungrier and thirstier with this change.
3. Anticipate some resistance to change.
4. Expect the schedule to be a work-in-progress.

Provide Recess Equipment:

- * Various Sizes and Types of Balls
- * Jump Ropes— Short and Long
- * Safe Equipment
- * Sidewalk Chalk
- * Encourage Active Play

Snacks

Rationale

The school environment should model a healthy lifestyle from the cafeteria to the classroom. Some snack foods have greater nutritional value than others and will better promote the growth and development of children. Snacks give kids energy, but sugary snacks only shorten their attention span. By providing and allowing only healthy snacks, children are more likely to stay on task, will have less behavior problems, and will have healthy options modeled for them.

Health Promoting Schools Encourage Students to Bring and Families to Provide Healthy, Nutritious Snack Items;
When Snacks are Provided by Schools or Staffs the Food and Beverage Items Should be Healthy and Nutritious.

What Defines “Healthy”

Low fat dairy products, lean meats and cheeses, whole grains (baked crackers, breads, cereals), fresh fruit and vegetables, dried fruits and nuts.

Avoid: Processed foods, candies, sweets, fried foods, fruit drinks, foods containing high fructose corn syrup. When reading labels look for hydrogenated / partially hydrogenated vegetable oils (these are trans-fats).

The closer the food is to its natural state, and the less processed, the better it is for you.

Be Realistic

The thing to avoid is letting kids have soda, candy bars, and other items that are obviously high in sugar and / or fat.

These things should be considered occasional foods and not consumed on a daily basis as snacks.

Snack Suggestions

Fresh Fruits and Vegetables
Canned fruits in natural juices
Raisins or other dried fruits
Whole Wheat Crackers (no trans-fat)
Unsweetened Cereals
Baked Chips
Pretzels
Graham or Animal Crackers
Mini Bagels
Low-fat cheeses
Peanut Butter (natural style)
Yogurt
Low-Fat Milk
100% Fruit and Vegetable Juice

Don't Forget to be a
Good Role Model

Celebrations / Parties

Rationale

There is nothing wrong with an occasional treat, but unhealthy choices should be the exception rather than the norm. Unhealthy choices are high in sugar and allow kids a short burst of energy before they crash. The number of occasional foods children consume should be limited. By encouraging 50% of the food and beverage choices at all parties and celebration be healthy and nutritious, kids will be ready to learn the remainder of the day.

Health Promoting Schools Ensure that Healthy, Nutritious Choices are Included in all Activities that Involve Food and Beverages.

Fun, Healthy Celebration and Party Snacks

Fresh Fruit and Yogurt Dip

Fruit and Cheese Kabobs

Vegetable Tray

Angel Food Cake—Plain or Topped with Fruit

Pizza with Low-Fat Toppings (Vegetables, Lean Meats, Canadian Bacon)

Low-Fat Muffins

Pizza Dippers (Pizza Toppings and Bread on Skewers with Marinara Dip)

Ham, Cheese or Turkey Sandwiches cut into Shapes (Cookie Cutters)

Yogurt Smoothies

Quesadillas with Salsa

Crackers (no trans-fat) or Pretzels with Hummus

Celery with Peanut Butter (natural style) and Raisins

Baked Chips and Salsa

100% Fruit and Vegetable Juice

Low-Fat Milk

Supporting Lessons

Food served in the classroom can usually be included as part of a lesson and as an experience in tasting.

Learn about other cultures by making and tasting their foods, discover the senses through food, and read stories that encourage healthy eating.

"Occasional Foods"

Occasional foods are candy, cookies, brownies, cake, cupcakes, soda, etc.

Students should be encouraged to take no more than 1 or 2 of these foods that are offered.

Schools can help support a positive learning environment by providing healthy celebrations that shift the focus from the food to the child.

Consider combining student birthday parties into one monthly event which incorporates physical activity.

Positive Reinforcement

Rationale

Food is often used to acknowledge students for good behavior and good academic performance. It is an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet using food as the reinforcement has many negative consequences that go far beyond the short-term benefits of good behavior or performance. It compromises classroom learning if nutrition lessons are taught then contradicted by rewarding children with candy and other treats. It contributes to poor eating habits, and increases preference for sweets.

Students need to receive consistent, reliable health information and ample opportunity to use it, Finding alternatives to using food as a reward is an important part of providing a healthy school environment.

Health Promoting Schools Encourage the Acknowledgement and Recognition of Student Achievement, but Do Not Use Unhealthy Food Rewards.

Alternative Ideas for Positive Reinforcement

Elementary School Students

- Make deliveries to the office
- Teach class
- Sit by friends
- Eat lunch with teacher or principal
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, bookmarks
- Certificates
- Extra recess
- Paperback book
- Teacher performs special skill
- Have “free choice” time
- Have class or read outdoors

Secondary Students

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced or “no homework” pass
- Extra credit
- Fun brainteaser activities
- Computer time
- Donated coupons to rec center, movies
- Drawings for donated prizes
- Field trips
- Have class outside

Vending

Rationale

Many foods and beverages available in vending machines are high in calories, fat and sugar. Some have unnecessary and potentially harmful additives that children do not need. Diet drinks, while not a source of calories, may displace consumption of healthier beverages. Potential health problems associated with a high intake of foods and beverages of minimal nutritional value is lack of energy, weight gain and obesity. The reduction of milk consumption results in calcium deficiency and dental problems.

**Summit School District, to Support Health Promoting Schools,
Will Meet or Exceed the Recommendations in SB 04-103
Regarding Vending Options.**

Encourage Students to Drink Water

- * 75% of the body is made up of water
- * There is a 10% decrease in your mental performance when you feel thirsty
- * Lack of water is the #1 trigger of day-time fatigue
- * A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page
- * Allow and encourage students to drink water in your classroom

The Alliance for a Healthier Generation and Industry Leaders set healthy school beverage guidelines for U.S. schools in May, 2006.

These limit portion sizes and reduce the number of calories available to children during the school day.

SB 04- 103 Guidelines

At least 50% of all food and beverages offered in each vending machine or adjoining sets of vending machines located in each school should meet acceptable nutritional standards:

- * Plain, unflavored, noncarbonated water
- * Milk
- * 100% fruit juices or fruit based drinks (50% juice, no additional sweeteners)
- * Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruit in their own juice
- * Any other food item containing not more than 35% of total calories from fat and not more than 10% of those calories from saturated fat; not more than 35% of its total weight in sugar

Fundraising
<p>Rationale</p> <p>Unhealthy foods and beverages (candy, baked goods, soda, and other foods with little nutritional value) are often used for fundraising at school. Schools can make money selling these foods, but students pay the price.</p> <p>An environment that constantly offers sweets to students and families promotes unhealthy habits that can have a lifelong impact.</p>

Summit School District, to Support Health Promoting Schools, Will Limit the Sale of Food and Beverage Fundraising Items with Minimal Nutritional Value to After the School Day

Fundraising Alternatives	
Candles	Gift wrap, boxes and bags
Bumper stickers & decals	Music, videos, CD's
Coffee cups and mugs	Magazine subscriptions
Cookbooks	Plants
Crafts	Raffle donations
Coupon books	Frisbees
Flowers and bulbs	T-shirts, sweatshirts
Gift baskets	Bleacher cushions
Gift certificates	Silent auction

- | Things You Can Do |
|-------------------|
| Bike-a-thons |
| Car wash |
| Carnivals |
| Dances |
| Fun runs |
| Gift wrapping |
| Raffles |
| Auctions |
| Singing telegrams |
| Talent shows |

Fundraising is necessary to provide additional opportunities for students, families and staff.

Fundraising efforts encourage group spirit.

Fundraising items need to be appealing and cost effective.

You can do all this without selling foods and beverages of minimal nutritional value.

- | Supporting Academics |
|-------------------------|
| * Read-A-Thon |
| * Science Fair |
| * Spelling Bee |
| * Walk-A-Thon |
| * Family Math Night |
| * Family Literacy Night |

Rationale	Concessions
	<p>Unhealthy foods and beverages (candy, baked goods, soda, and other foods with little nutritional value) are often sold at extracurricular school events . Schools can make money selling these foods, but students pay the price. An environment that constantly offers sweets to students and families promotes unhealthy habits that can have a lifelong impact.</p>

Summit School District, to Support Health Promoting Schools, Will Ensure a Balance of at Least 50% of the Food and Beverage Choices at all School or District Sponsored Activities and Extracurricular Events be Healthy and Nutritious

- Healthy Concessions**
- Deli sandwiches
 - Chili (lean meat or vegetarian)
 - Turkey and veggie burgers
 - Turkey and buffalo dogs (low-fat)
 - Granola bars and dried fruit bars
 - Baked chips, pretzels
 - Air-popped popcorn
 - Dairy free fruit bars or sorbet
 - Trail mix and nut mix
 - Low-fat crackers, animal crackers
 - Fresh fruit, fruit cups
 - Low-fat yogurt
 - Low-fat cheese sticks
 - Veggies and low-fat ranch dip
 - Baked Chips and salsa
 - Veggie pizza
 - Bottled water
 - 100% fruit juices
 - Low-fat milk

Why Healthy Concessions

Many parents are concerned about the high obesity rates for children. They want to know that healthy food options are at least available. This extends even into extracurricular activities and the foods that are offered at concession stands.

There are other reasons to offer healthy options at the school concession stands. Many families are very busy and the concession stand may provide the family meal for the evening. Having healthy choices will give people more to choose from than just the usual high-fat, sugary foods.

Providing consideration for people with dietary restrictions is also another reason to offer a variety of foods. Offering lighter options for those on weight loss diets, dairy free items and vegetarian options will be a welcome change.

Foods and beverages of good nutritional content, including fruit, vegetables, low-fat dairy, and low-fat whole grains, should be available whenever and wherever food and beverages are sold or otherwise offered at school. Portions should resemble the Dietary Guidelines for Americans.

Rationale	<h2 style="margin: 0;">Food and Nutrition Services</h2> <p>Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment.</p> <p>The Food and Nutrition services Department strives to operate a program that ensures that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.</p>
------------------	--

Summit School District, to Support Health Promoting Schools, Will Encourage Students and Families to Participate in the School Lunch Program

The School Lunch Program

Must meet the applicable recommendations of the Dietary Guidelines for Americans, which recommends that no more than 30% of an individual's calories come from fat, and less than 10% from saturated fat.

Regulations also establish a standard for school lunches to provide 1/3 of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories.

Who Serves our School Lunch Program

All Food and Nutrition Services staff are dedicated, caring professionals who care first and foremost about feeding children.

The School Lunch Program has always been served by Summit School District Employees. The Food and Nutrition Services Director is an employee of Chartwells.

The recommended amount of time for students to eat lunch is 20 minutes; not including walking to the cafeteria and waiting in line.

What Control Does our School Have Over What is Served in the Cafeteria

The Food and Nutrition Services Department welcomes input on menu planning from students, families, school staff and community members.

However, we are bound by certain federal regulations and are not always able to accommodate everyone's desires.

Health Promoting Schools and Classrooms provide hand washing facilities before students eat lunch or snacks

Staff Wellness
<p>Rationale</p> <p>If we are going to teach about healthy behaviors, and we are going to restrict the choices that students have during the school day, it is only appropriate that teachers also model these behaviors. If teachers are healthy and feel good about themselves, it will have a positive influence on the health and behavior of the students and families.</p> <p>You will be a great role model and improve your own health while your at it!</p>

Summit School District Will Offer Wellness Programs and Professional Development Opportunities to Staff to Support Health Promoting Schools

- You Can Make A Difference**
- Host Walking Meetings or Conferences
 - Stretch During Breaks
 - Participate in PE and Recess With Your Students
 - Pack a Healthy Lunch
 - Keep Healthy Snacks in Your Desk
 - Start an After School Walking Group
 - Wear a Pedometer—Go For 10,000 Steps a Day

School Health Teams

Five Summit Schools have School Health Teams that meet regularly to complete the school health index, determine goals and activities to improve the school environment for students, families and staff related to nutrition and physical activity.

Get involved with your School Health Team

School staff wellness programs promote the well-being of all school employees who serve as role models for students. Schools with staff health promotion programs find that teachers are more energetic and optimistic, can better handle job stress, and are absent less often.

When teachers are enthusiastic and healthy, they are role models of healthy living for students and the community. A healthy school staff also decreases school costs due to fewer substitute teachers, lower insurance costs, and a decrease in turnover expenses.