

# NOOR INTERNATIONAL ACADEMY



## 2024-2025 WELLNESS POLICY





**COORDINATED SCHOOL  
HEALTH TEAM  
2024-2025**

- Superintendent of School
- Principal
- Food Service Staff
- Director of Food Services Program
- Elementary Teacher
- PE/Assistant Athletic Director

## **Wellness Policy**

Noor International Academy is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement and will assist in reducing childhood obesity.

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.”<sup>1</sup> The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency’s<sup>2</sup> (LEA) efforts to establish a school building environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It is specific to LEAs (local school districts, public school academies, and intermediate school districts), as opposed to School Food Authorities,<sup>3</sup> that participate in the National School Lunch Program and/or School Breakfast Program. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school under the LEA’s jurisdiction can be addressed.<sup>4</sup>

This State Board of Education Model Local School Wellness Policy was developed to assist Michigan school districts in developing their own local wellness policies. This document supersedes the 2005 model policy and must be modified to reflect local school district policy and procedure. Evidence-based<sup>5</sup> goals must be specific, measurable, achievable, realistic, and time based (SMART).

## **Wellness Committee and Policy Leadership**

The LEA will convene a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

## **Wellness Policy Leadership**

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.<sup>7</sup>

The designated official(s) for oversight is. Ali Y. Bazzi, Superintendent of Schools

## **Nutrition Education**

- ❖ Every year, all students shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>1</sup> Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.  
[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf)

throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### **Nutrition Standards**

- ❖ The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations and assure that guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture as applicable to the district.<sup>2</sup> The district shall encourage students to make nutritious food choices.
- ❖ The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- ❖ The District Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly.

### **Physical Education and Physical Activity Opportunities**

- ❖ The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>3</sup> Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.<sup>4</sup>
- ❖ All students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **Wellness and Safety Awareness**

- ❖ The District shall provide a School Nurse Aide to give first aid as needed, administer medication, maintain health documentation, distribute and maintain classroom first aid kits, and educate students and staff on illness and accident prevention.

### **Other School-Based Activities Designed to Promote Student Wellness**

- ❖ The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

- ❖ The district Superintendent shall implement this policy and measure how well it is being managed and enforced. The district Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district Superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

### **Administrative Rules Regarding Noor International Academy Wellness Policy**

- ❖ In order to enact and enforce the Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

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<sup>2</sup> Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html) Pursuant to subsections (a), and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f) (1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f) (1), 1766(a)).

<sup>3</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>4</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, January 2007. [http://www.michigan.gov/documents/mde/PE\\_StandBench\\_FINAL\\_2.14.07\\_246701\\_7.pdf](http://www.michigan.gov/documents/mde/PE_StandBench_FINAL_2.14.07_246701_7.pdf)

- ❖ To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team<sup>5</sup> that will provide an ongoing review and evaluation of the Academy's Wellness Policy and these administrative rules.<sup>6</sup>
- ❖ The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:
  - Administration.
  - Counseling/psychological/and social services.
  - Food services.
  - Health education.
  - Health services.
  - Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
  - Physical education.
- ❖ Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:
  - Self-respect.
  - Respect for others.
  - Healthy eating.
  - Physical activity.<sup>7</sup>
- ❖ These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Noor International Academy's Wellness Policy.
- ❖ Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:
 

District Superintendent  
6919 N Waverly St., Dearborn Heights, MI 48127  
313-565-0507 (ph.), 313-565-0705 (fax)
- ❖ Students, staff, and community will be informed about the Local Wellness Policy **annually**.

## **Nutrition Education**

- ❖ Nutrition education, a component of comprehensive health education, shall be offered **every year**. The District may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.
- ❖ The district **shall implement** a quality nutrition education program that addresses the following: The school implements comprehensive nutrition education through a multifaceted approach, integrating it into health classes, the athletic program, and culinary arts classes. In health classes, students learn the fundamentals of balanced diets, the importance of vitamins and minerals, and how to make healthy food choices. The athletic program reinforces these lessons by educating student-athletes on the role of nutrition in enhancing performance, recovery, and overall well-being. Meanwhile, the culinary arts classes provide practical, hands-on experience, teaching students how to prepare nutritious meals and understand the nutritional value of various ingredients. This holistic strategy ensures that students not only understand the theory behind good nutrition but also develop the skills to apply it in their daily lives.
  - **Curriculum:**
    - Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.
    - Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
  - **Instruction and Assessment:**

<sup>5</sup> Centers for Disease Control's Coordinated School health web site: <http://www.cdc.gov/healthyyouth/cshp/index.htm>

<sup>6</sup> Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003. [http://www.michigan.gov/documents/CSHP\\_Policy\\_77375\\_7.pdf](http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf)

<sup>7</sup> The Role of Michigan Schools in Promoting Healthy Weight. September 2001.

<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- **Opportunity to Learn:**
  - Includes students of all abilities.
  - Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.
- ❖ Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

## **Nutrition Standards**

- ❖ The District shall offer school meals that comply with the National School lunch and Breakfast standards for meal patterns, nutrients, and calorie requirements for the age/grade levels served, as specified in 7 CFR 210.10 or 220.8 as applicable
- ❖ The District will comply with the Smart Snack initiative (See Appendix F).
- ❖ <https://foodplanner.healthiergeneration.org/calculator/> The following food and beverages in all venues outside federally regulated child nutrition programs:
  - **Any food sold 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).
  - Food **must also** meet several nutrient requirements:
    - **Calorie limits:**
      - Snack items: ≤ 200 calories
      - Entrée items: ≤ 350 calories
    - **Sodium limits:**
      - Snack items: ≤ 200 mg\*\*
      - Entrée items: ≤ 480 mg
    - **Fat limits:**
      - Total fat: ≤35% of calories
      - Saturated fat: < 10% of calories
      - Trans fat: zero grams
    - **Sugar limit:**
      - ≤ 35% of weight from total sugars in foods

## **Nutrition Standards for Beverages**

Only the following is **allowed**:

- Plain water (with or without carbonation) No limit. All Grades
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.
- 8 fl oz elementary- 12 fl oz Middle School

- Caffeinated beverages are not allowed to be sold at any grade level
- Accompaniments (sauces, dressings, and dips), if offered, must be Fat Free, in one-ounce servings or less.<sup>8</sup>
- The District shall **prohibit** using unhealthy food as a reward. Alternatives to using food as a reward are found in Appendix A.
- The District only **allows** serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of the school menu, reminding them of the necessity of providing healthy treats for students. (See Appendix B)

### **Smart Snack Food Sale Policy**

Any food sale held at the district level must meet the Nutrition Standards (stated above) for food and beverages. To ensure compliance with the Smart Snack food sale policy, any non-packaged and/or recipe foods (including accompaniments/condiments) must be accompanied with a print out of all ingredients used and scaled with the Smart Snack calculator that is posted on the district's website. If the item, under the Smart Snack calculator, shows non-compliance the food and or beverage item cannot be sold in the district.

The following staff will be responsible for monitoring the Smart Snack food sales at Noor International Academy:

- – Principal
- - Food Services Manager

All Smart Snack sales must be pre-approved by the overseeing district members. A location and time must be provided on when and where the sale will take place. All receipts, purchase orders, Smart Snack calculator print-outs showing compliance, and recipes for non-packed food and beverages will need to be provide in at least one week in advance of the actual sale for approval.

### **Physical Education and Physical Activity Opportunities Elementary 120 minutes per week, middle school 120 minutes-**

- ❖ Developmentally appropriate physical education shall be encouraged every year to all students of the District.<sup>4</sup> In addition, Physical Education topics shall be integrated into the entire curriculum when appropriate.
- ❖ The District should offer opportunities for structured physical activity, commonly referred to as recess, for all students Kindergarten through Third grade. Recess should be in addition to physical education class time and not be a substitute for physical education. The District shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.
- ❖ The District shall implement a quality physical education program that addresses the following:
  - **Curriculum:**<sup>9</sup>
    - Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
    - Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
    - Influences personal and social skill development.
  - **Instruction and Assessment:**
    - Aligns curriculum, instruction, and assessment.
    - Builds students' confidence and competence in physical abilities
    - Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
    - Includes students of all abilities.
    - Is taught by a teacher trained in best practice physical education methods.
    - Keeps all students involved in purposeful activity for a majority of the class period.
  - **Opportunity to Learn:**
    - Builds students' confidence and competence in physical abilities.

<sup>8</sup> Michigan State Board Of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003. [http://www.michigan.gov/documents/Healthy\\_Foods\\_AttchmtA\\_12\\_9\\_83141\\_7.pdf](http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf)

<sup>9</sup> The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>

- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.<sup>11</sup>
- Provides facilities to implement the curriculum for the number of students served.

### **Health Education**

Noor International Academy provides Health Education to grades PreK-6th throughout the entire school year using the **Michigan Merit Curriculum Credit Guidelines**. The following is an overview of Noor International Academy's Health Program that is in direct alignment to the Michigan Merit Curriculum:

- Provide at least 50 hours of health at each grade, Pre-Kindergarten through Grade Six, to give students adequate time to learn and practice health habits and skills for a lifetime.
- Focus on helping young people develop and practice personal and social skills, such as communication and decision making, in order to deal effectively with health-risk situations.
- Address social and media influences on student behaviors and help students identify healthy alternatives to specific high-risk behaviors.
- Emphasize critical knowledge and skills that students need in order to obtain, understand, and use basic health information and services in ways that enhance healthy living.
- Focus on behaviors that have the greatest effect on health, especially those related to nutrition; physical activity; violence and injury; alcohol and other drug use; tobacco use and HIV prevention.
- Build functional knowledge and skills, from year to year, that are developmentally appropriate.
- Include accurate and up-to-date information, and be appropriate to students' developmental levels, personal behaviors, and cultural backgrounds.

The following are the key strands/units that have been developed at Noor International Academy for our Health Program:

- Strand 1: Nutrition and Physical Activity
- Strand 2: Alcohol, Tobacco, and Other Drugs
- Strand 3: Safety
- Strand 4: Social and Emotional Health
- Strand 5: Personal Health and Wellness

### **District Smart Goals**

Noor International Academy is aimed at the following SMART goals for the school:

1. **100% of students will receive education regarding the key strand of our health program which includes nutrition, alcohol, tobacco and other drugs, safety, social and emotional health, personal health and wellness.**
2. **100% of students in grades Pre-K thru 6<sup>th</sup> grade will be given the opportunity to participate in physical and health education in direct alignment to the Michigan Physical Education Grade Level Content Expectations.**
3. **100% of students who are participating in organized and or unstructured physical activities will be given 3.5-4 hours' minimum a week of physical activities to maintain short and long term benefits of staying physically active.**
4. **100% of students who are enrolled at Noor International Academy will be given the opportunity for the following in reference to other school-based activities that promote student wellness:**



## 5. Other School-Based Activities Designed to Promote Student-Wellness

- ❖ The District shall strive to create a healthy school environment that promotes healthy eating and physical activity.<sup>10</sup> In order to create this environment, the following activities **shall be implemented**:

- **Dining Environment**

- The school district **shall provide**:
  - A clean, safe, enjoyable meal environment for students
  - Enough space and serving areas to ensure all students have access to school meals with minimum wait time
  - Water fountains and or filling stations are available in the cafeteria. Students will have input on the menu, student arrival in the cafeteria ensures more breakfast participation, non-competitive foods are not sold during meal times, and school stores are open after meal service.
  - . . All students are eligible for free breakfast and free lunch with the district participation in CEP (Community eligibility Program)

- **Time to Eat**

- The school district shall **make every effort for**
  - Adequate time for students to enjoy eating healthy foods with friends in schools
  - Breakfast served daily Monday-Friday
  - Lunch times that are scheduled as near to the middle of the school day as possible and are 30 minutes
  - That recess for elementary schools will try to be scheduled before lunch so that children will come to lunch less distracted and ready to eat.

- **Physical Activity as a Reward or Punishment**

- The school district **shall**:
  - Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time
  - Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. Example: running laps or jogging around a playground
  - We strongly recommend physical activity as a reward, such as teacher or Principal, walking or playing with students at recess (see Appendix E). extra recess time

- **Consistent School Activities and Environment**

- The school district **shall**:
  - Enroll in Michigan Team Nutrition
  - Support healthy fundraising efforts (see Appendix C)
  - All food service staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education. The district is committed to the ongoing professional development of its Physical Education (PE) teachers, dedicating every Friday to enhancing their skills and knowledge. During these sessions, health education topics are discussed whenever relevant units are being taught, ensuring that educators are well-equipped to deliver comprehensive health and wellness education.

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<sup>10</sup> Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

- Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home. The school district is dedicated to fostering a well-informed community by offering monthly professional development sessions on nutrition to all stakeholders, including parents, staff, and community members. These sessions aim to enhance the collective understanding of nutritional best practices, empower families to make healthier food choices, and ensure that staff members are well-equipped to support student health and wellness. By involving the broader community in these educational efforts, the district creates a cohesive approach to promoting nutritious lifestyles, thereby reinforcing the importance of good nutrition both at school and at home.
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas. The school district is dedicated to fostering a well-informed community by offering monthly professional development sessions on nutrition to all stakeholders, including parents, staff, and community members. These sessions aim to enhance the collective understanding of nutritional best practices, empower families to make healthier food choices, and ensure that staff members are well-equipped to support student health and wellness. By involving the broader community in these educational efforts, the district creates a cohesive approach to promoting nutritious lifestyles, thereby reinforcing the importance of good nutrition both at school and at home.
  - School based marketing shall be consistent with Smart Snacks nutrition standards
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians
- Encourage all students to participate in school meal programs, (i.e. the National School Lunch, including snacks for After School Program Through professional development that we hold on a monthly basis and newsletters.
- Encourage physical activity across the curriculum throughout the school day or in all subject areas. (See Appendix D). The school district actively encourages physical activity across the curriculum throughout the school day, recognizing its crucial role in students' overall health and academic performance. Teachers are encouraged to incorporate movement into their lessons, whether through interactive activities, kinesthetic learning strategies, or short physical breaks that re-energize students. Physical education classes are designed to be dynamic and engaging, promoting lifelong fitness habits. Additionally, extracurricular programs and after-school sports provide further opportunities for students to stay active. This district-wide commitment ensures that physical activity is not confined to gym class but is a vital part of the entire educational experience, fostering a healthier, more active student body.

## Implementation

- ❖ The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Well-Sat tool to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

### Triennial Assessment

- ❖ The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.
- ❖
- ❖ **The person responsible for the Triennial Assessment is: Mrs. Jennifer Hofer, Food Service Director**

### Documentation

- ❖ The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy,

documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

- ❖ This wellness policy can be found at (Insert direct URL for LEA's wellness policy):  
<http://www.niapsa.org/docs/wellness-nia.pdf>
- ❖ Required documentation will be maintained at the Director of Food Services office.

#### Updates to the Policy

- ❖ The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.<sup>27</sup> and will be posted publicly at <http://www.niapsa.org/docs/wellness-nia.pdf>
- ❖ Alliance for a Healthier Generation Model Local Wellness Policy 2016
- ❖ Healthy School Action Tool
- ❖ Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule
- ❖ Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule
- ❖ Alliance for a Healthier Generation Model Local Wellness Policy 2016



**Rewards happen at many levels across a school.** Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. Food rewards are not recommended at all because they show kids that achievements should be marked by eating—undermining healthy nutrition practices being taught at home or at school. The most effective rewards should promote healthy, active living as a desired value of the community.

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

### Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling

- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

### Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or "no homework" pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside

**ACTION** FOR  
HEALTHY  
KIDS

MORE » » »

# Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools--which have a great impact on children--to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

## Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –  
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables  
with lowfat dip
- ◆ Trail mix\*
- ◆ Nuts and seeds\*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars\*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

\*May be allergens and/or a choking risk for some people, please check with a health care provider.

*Note: See "Recipes" in the Resources by Topic section.*





## Appendix C



**Promote family health and well-being.** Fundraising events and activities that don't involve selling food to eat on the spot provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods, which put student health and performance in jeopardy. Why not promote healthy eating or physical activity and raise money for your school at the same time?

### Selling Food for Immediate Consumption

Fundraisers that involve the sale of foods and beverages intended for immediate consumption during the school day (such as school stores or vending machines) must meet the USDA's Smart Snacks in School Rule. Even though foods and beverages sold outside of the official school day (such as family events or concessions at sporting events) are exempt from these federal standards, encouraging healthier options at these community events sends a strong, positive message about how student health is valued. To learn more about the standards and for ideas on selling healthier food at school, check out AFHK's Food Sales at School tip sheet and Game On activities: Healthy Vending, Smart Snacks Standards, Pricing Strategies to Encourage Healthy Eating, Healthy School Store.

### Are Healthy Fundraisers Profitable?

Many non-food and healthy-food fundraisers generate profits for schools equal to or greater than profits from fundraisers selling low-nutrition foods.

#### Sample Profits — Healthier Fundraisers<sup>1</sup>

- **\$1,000:** A school sells 1,440 water bottles with the names/logos of 5 local business sponsors
- **\$4,500:** A walk-a-thon with 100 student, parent and family member walkers each raising \$50 in sponsorships
- **\$9,000:** 110 families buy scratch cards with discounts at local businesses
- **\$30,000/year:** 100 families belong to a grocery store Scrip program

### Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets
- Family nights at healthy restaurants

<sup>1</sup>See [ActionforHealthyKids.org/References](http://ActionforHealthyKids.org/References)

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[HTTPS://WWW.ACTIONFORHEALTHYKIDS.ORG/ACTIVITY/HEALTHY-FUNDRAISING/](https://www.actionforhealthykids.org/activity/healthy-fundraising/)

## Appendix D



**School Snacks, Celebrations and Family Events.** Snack time, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices. When food is a part of the school day or a special event, offer a variety of healthy options including fruits, vegetables, whole grains, low-fat/fat-free dairy products and water.

### Fruits

- Fresh whole or sliced fruit assortment
- Fruit salad or kabobs
- Dried fruit or 100% fruit leathers
- Frozen fruit (try frozen grapes!)
- Sliced apples with cinnamon
- Unsweetened applesauce
- 100% fruit popsicles
- Banana pops — bananas, sliced in half, popsicle sticks inserted, rolled in yogurt and whole grain cereal toppings and frozen

### Grains

- Low-fat popcorn
- Whole-grain bagel slices, muffins or pita with hummus
- Whole grain rice cakes
- Low-fat breakfast or granola bars

### Low-Fat & Fat-Free Dairy

- String cheese
- Cottage cheese cups
- Yogurt (try squeezable!)
- Yogurt smoothies or parfaits

### Vegetables

- Raw vegetables (baby carrots, sugar snap peas, sliced bell peppers and more) with low-fat dip
- Celery topped with low-fat cream cheese and 100% fruit preserves or nut butter and raisins
- Edamame — boiled soybeans served in the pods
- Dips: guacamole, hummus, salsa, bean dip, honey mustard, low-fat ranch, low-fat yogurt

### Drinks

- Water — try infusing with fruit!
- 1% low-fat or fat-free milk
- 100% fruit juice (serve in small half-cup portions due to high sugar content)
- Sparkling punch (seltzer and 100% juice)

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[HTTPS://WWW.ACTIONFORHEALTHYKIDS.ORG/WP-CONTENT/UPLOADS/2022/02/HEALTHY-FOOD-IDEAS-ENG.PDF](https://www.actionforhealthykids.org/wp-content/uploads/2022/02/HEALTHY-FOOD-IDEAS-ENG.PDF)



## Smart Snacks in School

### USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

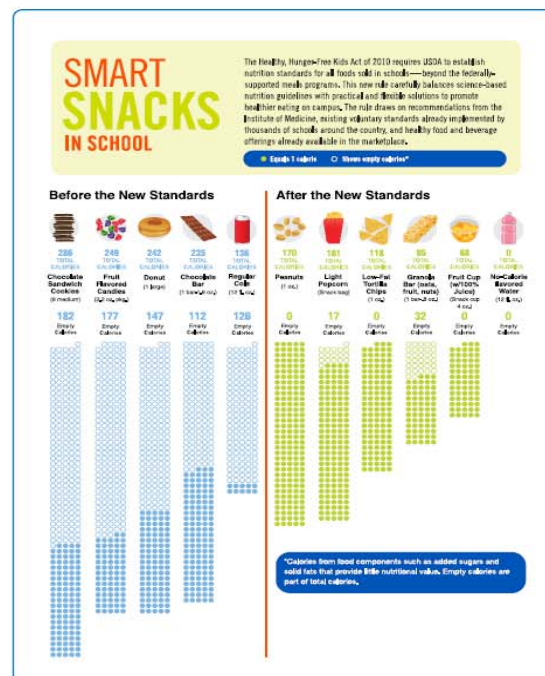
*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

#### Nutrition Standards for Foods

- Any food sold 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).\*
- Foods must also meet several nutrient requirements:
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits:
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  - Fat limits:
    - Total fat: ≤ 35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods

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

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



For the most updated resources see link below

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>