

ORANGE TOWNSHIP
PUBLIC SCHOOLS



Orange Township Public Schools

District

Wellness Policy

MISSION STATEMENT

The Orange Board of Education is committed to promoting "Wellness" throughout the District. The BOE seeks to improve students' nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting and implementing state, local, and the Alliance for a Healthier Generation's policies. The BOE recognizes that students need access to healthful foods, quality nutrition education and opportunities to be physically active during the regular school and extended day in order to grow, learn successfully, and enjoy a life of wellness. Additionally, the district will plan and implement a staff wellness program that addresses employee health and fitness needs.

"Wellness" as defined as a way of living that emphasizes such preventive measures as eating a healthy diet, making exercise and enjoyable part of your life, and making self-care decisions that will actively improve the quality of your life.

Reference: University of California, Berkeley/Wellness Letter

District Wellness Council:

- The Orange Township Public School District has created a "Wellness Council" that will strengthen, develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.
- The Council will review and revise the policy based on the Alliance for a Healthier Generation's pilot school programs.
- The Council will serve as resource to school sites for implementing these policies.
- The school district will enlist individuals representing the schools, community members, parents, students, representatives of the school food service, members of the school board, school administrators teachers and health and nutrition professionals to be involved in the district's Wellness Council.
- The Council will develop procedures and materials to evaluate the effectiveness of the District's Wellness Policy and its overall impact on student and staff health.
- The Council will meet at a minimum of every other month.

Orange Township Public Schools Wellness Policy

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Orange Township Public Schools Wellness Policy

POLICY LOCATION: This policy is available for review at www.orange.k12.nj.us and the Orange Board of Education Administrative offices (Business Office) at 451 Lincoln Avenue, Orange, NJ 07050 (973-677-4000); Orange Board of Education office of the Food Services Manager at 400 Lincoln Avenue, Orange, NJ 07050 (877-339-3310).

Preamble

The Orange Township Public Schools District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school 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 (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

[Optional additional policy language:

- *Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC.]*

Leadership

The District Food Services Manager or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The names, titles, and contact information of these individuals are:

Name	Title	Email address	Role
Ronnell Simmons	Orange Board of Education Food Services Manager	simmonro@orange.k12.nj.us	Facilitator
Annette Santiago	Chartwells Food Service Manager	annette.santiago@compass-usa.com	Member
Devoy King	Chartwells Assistant Food Service Manager	devoy.king@compass-usa.com	Member
Amy Brinton	Chartwells Regional Dietician	Amy.brinton@compass-usa.com	Member
Dr. Janet McClouden	Supervisor of Special Services	mcclouja@orange.k12.nj.us	Member

Jane Siebert	Nurse-Central	sieberja@orange.k12.nj.us	Member
Emily Quaye	Nurse/Heywood	Quayeemi@orange.k12.nj.us	Member
Breanna Dickson	Nurse/Cleveland	dicksonbr@orange.k12.nj.us	Member
Laura Sacks	Nurse/Orange Prep	sackslau@orange.k12.nj.us	Member
Maria DeFalco	Nurse/OECC	defalcma@orange.k12.nj.us	Member
Lisa Farrar	Nurse/Lincoln Ave.	farrarli@orange.k12.nj.us	Member
Hydah Ndiko	Nurse/Forest	ndhydah@orange.k12.nj.us	Member
Judith Powell	Nurse/Oakwood	PowellJu@orange.k12.nj.us	Member
Eloi Nicaise	Nurse/Park	eloinica@orange.k12.nj.us	Member
Marlene Jean	Nurse/OHS	jeanmarl@orange.k12.nj.us	Member
Ijeoma Anyanwu	Nurse/Rosa Parks	Eloinica@orange.k12.nj.us	Member
Chizoma Uwakwe	Nurse/STEM	uwakwech@orange.k12.nj.us	Member
Linda Vicci	Nurse/SCHOLARS	viccilin@orange.k12.nj.us	Member
Makala Haggan	Nurse/Consultant OHS	hagganma@orange.k12.nj.us	Member
Herma Thompson	Nurse/Consultant JR Lewis		Member
Suzanne Okusanya	Nurse/Consultant SCHOLARS		Member

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and

education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: <http://www.orange.k12.nj.us> under Site Shortcuts-District Food Services.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the office of the Food Services Manager, Room 114A and/or at the District Business Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in October, and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in English, Spanish and Creole.

The District and all schools will actively notify households/families of the availability of the annual report.

The DWC will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Tyrone Dorsey, Manager of Food Services, Orange High School (Room 114A), 400 Lincoln Avenue, Orange, NJ 07050-phone: 877-339-3310.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or 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 assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Fresh Fruit & Vegetable Program (FFVP), and District Supper Program. The District also operates additional nutrition-related programs and activities including the After School Snack Program. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options

In addition:

- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- ☐ Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- ☐ Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- *Waivers, exemptions, or substitutions for physical education classes are not granted.*

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity:

The physical, psychological, or social benefits of physical activity

- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer recess on all or most days during the school year. This policy may be waived on half-days, early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by clubs, physical activities and/or varsity sports.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in the activities below; including but not limited to: .

- Designation of safe or preferred routes to school
- Crossing guards are used
- Crosswalks exist on streets leading to schools

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

End Notes

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Appendix A: NINE WAYS TO RAISE FUNDS WITHOUT CANDY

Fundraising doesn't have to involve selling food items of limited nutritive value. Below are some proven ideas for raising funds adapted from Fundraising.com (see resources). Ideas with a + have the added benefit of providing additional opportunities for physical activity for students. Other ideas promote community service.

When planning any fundraising event, be sure to check with your local authorities regarding any rules or regulations with games of chance or sale of other goods.

1. **+Sled-a-thon** - Each student can seek pledges for each trip down the hill. One school did this and made over \$2,000. A potluck was held afterward for the participants and their families.
2. **+3-on-3 basketball tournament** - Charge a team of 3-4 players \$40 for entrance and ask local businesses for prize donations. If you provide tee shirts for the event, you could raise the entrance fee.
3. **+Car wash, for a donation** - You could also sell other items at the car wash (have a small food stand available with coffee, juice, bagels, fruit, etc.). One school raised \$1,300 in about five hours. Or, you could also hold a free car wash and ask for pledges in advance per car washed (for example, \$0.10 per car).
4. **+Spring yard work to local community members** - One soccer team offered to take yards and spread compost at a bargain rate. They had 10 players working 3 1/2 days each and each boy made \$240.00. Customers were asked to give a donation for the work and everyone exceeded expectations.
5. **+Pre-kindergarten walk-a-thon** - Each child could get sponsorship for each lap walked (up to 8 laps, \$1 per lap). One group raised \$1,200 with little effort.
6. **"Chuck a Puck at the Rink"** - A hockey team plays this game between the 2nd and 3rd periods of the hockey game. Each puck is numbered and sold for \$1. Everyone throws them on the ice and the one closest to the center gets half of the money sold. In one season, they raised \$24,000. You could adapt this to basketball games using numbered beanbags.
7. **Talent show, recital, or lip-sync contest for students** - You could ask local businesses to donate items for a raffle. Be sure to include those business' names in a program as an advertisement and/or other thank you.
8. **Administrative fun** - Have money jars available for the student to place money into. The school secretary would record the amount in the jars on a daily basis and post the total. At set increments (for example, \$100, \$200, \$500), the principal and/or vice-principal would have to do stunts such as dress as a cheerleader, do cheers, act out a scene from a play, etc. One school earned over \$3,300 in one year.
9. **Dinner fund-raiser with a live or silent auction** - One private school did this and made over \$60,000 within five months to help pay for newly installed lockers.

Appendix B: HEALTHY SCHOOL PARTIES

Yogurt Parfait

2 cups vanilla lowfat yogurt
1 cup chopped fruit:
(thawed fruit works very well)
1 cup lowfat granola
Spoon 1/2 cup of yogurt in each of 4 cups.
Spoon 1/4 cup of chopped fruit in each
cup. Sprinkle with 1/4 cup granola.

Peanut Butter Roll Up

Spread peanut butter over a
flour tortilla, then sprinkle with
sunflower seeds.
Roll and cut into 1-inch slices.

Things to Remember When Having a School Party

Common Food Allergies

Eight foods account for 90% of all food allergic reactions: peanuts, tree nuts (walnuts, cashews, etc.), milk, eggs, fish, shellfish, soy and wheat. The most common food allergens that cause problems in children are eggs, milk and peanuts. It is important to prevent allergic reactions to food because they can cause devastating illness and, in some cases, be fatal. Avoidance is the only way to prevent an allergic reaction. When planning school parties be sure you are aware of any food allergies of students and staff.

Incorporate Physical Activity

Today's children are at an increased risk of developing diabetes, high blood pressure, obesity, depression and anxiety as a result of the lack of physical activity and poor nutrition habits. Teachers are encouraged to incorporate physical activities into class parties as well as classroom learning. Celebrate special events without food or limit the quantity of food and encourage physical activity (active games, dancing, walking, etc).

Food Safety*

Preparing and serving food that will not cause food borne illness is as important as preparing and serving healthy choices for school parties! Remember the four steps to safe food:

1. Clean. Wash hands and surfaces often.
2. Chill. Refrigerate promptly.
3. Cook to proper temperatures.
4. Separate. Don't cross contaminate.

* Fact sheets on each of these steps can be found at: www.fightbac.org

Appendix C: HEALTHY FOOD AND BEVERAGES FOR STUDENT ACTIVITIES

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. Opportunities to be a good role model for healthy eating habits abound and include special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by the food and beverages consumed before, during and after an event. The availability of healthy food and beverages can enhance athletic performance as well as overall health.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important. Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Suggestions for Concessions

Grilled chicken sandwich	Sub sandwich
Fresh fruit and vegetables-buy locally when possible	Yogurt
Bagels with lowfat cream cheese	Trail mix*
Baby carrots and other vegetables with lowfat dip	Nuts and seeds*
Fig cookies	Animal crackers
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 hazard for some people, please check with a health care provider.**

Healthy Suggestions for Banquet Meals and Other School Functions

Main Dishes: Chili, pizza, sub sandwiches

Sides: Vegetable tray with lowfat dip, whole grain bread, pasta salad with lowfat dressing, fruit tray, basket, or kabobs

Desserts: Angel food cake with berries, apple or peach crisp, oatmeal raisin cookies, fruit and yogurt smoothies, parfaits made with vanilla yogurt, granola and fresh fruit

Beverages: Single-serve lowfat or fat free milk (regular or flavored), bottled water, 100% juice in small single-serve containers.

Sample Meals:

Chili, cornbread, and salad Soup, whole grain crackers, cheese and fruit Spaghetti, salad, and bread
Pizza (no extra cheese or more than one meat) and salad Sub sandwiches and fruit Baked potato
bar (suggested toppings: shredded cheese, lowfat sour cream, salsa, broccoli)
Fat free or lowfat milk or yogurt

Be sure to keep cold foods cold and hot foods hot (visit www.fightbac.org for more on food safety) Note: Visit www.mealsmatter.org for meal planning tools and recipes

Appendix D: SMART FUNDRAISERS FOR TODAY'S HEALTHY SCHOOLS

Healthier Food Ideas

Bottled water with school name/logo
Gift baskets of fruit/cheese
Naturally lowfat pretzels
Specialty shaped pasts
Boxes of citrus fruits
Popcorn
Cheese
Apples
Nuts

Fun and Entertaining Fundraisers

Dances
Talent Shows
Magic Shows
School art drawings
Buttons, pins and stickers
Balloon bouquets
Temporary tattoos
Singing telegrams
Milk Mustache photos
Valentine's Day flowers

Activity-Related Fundraisers

Skate night
Jog-a-thons/Walk-a-thons
Tennis/horseshoe competition
Jump rope-a-thons
Golf tournament
Bowling night

Community-Related Fundraisers

Customized signs
Family portraits
Scratch & Help Cards
Gift wrapping (at holiday time)
Selling local agricultural products (Contact NJ Department of Agriculture)
Recycling cans/paper/ink cartridges

Show-Your-School Spirit Fundraisers With School Name/Logo

Mugs
Scarves
Megaphones
Stadium cushions
T-shirts & sweatshirts
"Rally rags," "Team towels," "Homer hankies"
License plate frames
Spirit/seasonal flags
Frisbees
Magnets
Hats

Material Fundraisers

Candles
Jewelry
First aid kits
Bath accessories
House decorations
Computer software
Holiday ornaments
Plants, flowers & bulbs
Greeting cards/stationery
Stone/brick/tile memorials
Books, calendars and magazines
Cookbook of easy & healthy after-school snacks

Note: Fundraisers that involve raffles, bingo games, millionaire parties, number games and charity game tickets must be registered with the State of New Jersey. Check the charitable gaming section of www.state.nj.us