

Western Wayne School District – Wild About Wellness

Overview

On June 30, 2004, the **Child Nutrition and WIC Reauthorization Act, P.L. 108-265**, was signed into law. P.L. 108-265 includes a mandate for all public and private school sponsors of the National School Lunch Program (NSLP) to have local wellness policies in place by July 1, 2006. These policies must include:

1. nutrition guidelines for all foods available on every school campus during the school day;
2. goals for nutrition education;
3. goals for physical activity; and
4. goals to promote student wellness in other school based activities.

In response to this mandate, the Western Wayne School District organized district and building level wellness committees with members representing the Board, the administration, school nurses, health and physical education teachers, the director of food services, Wayne Memorial Hospital, the community, parents, and students. The district wellness policy was completed in 2006 and reviewed and revised in 2016. Nutritional guidelines for the food services department, vending machines, classroom parties and snacks, and fund raisers were phased in over a three year period.

The district provides a K-12 health and physical education program and daily recess is provided at the elementary level. Parents are provided with students BMI reports annually. Numerous activities are conducted throughout our district such as celebrating apple crunch day, go for the greens, National Nutrition Month activities and walking programs.

If you have any questions regarding the district wellness activities, you may contact Mrs. Maria Liptak, Director Food Services.

Western Wayne is committed to making good nutrition and physical activity a part of our learning environment.

Goals

The Wellness Goals of the Western Wayne School District, intended to promote a healthy lifestyle, include the following:

1. To promote a healthy environment;
2. To facilitate student learning of lifelong healthy habits; and
3. To increase student achievement through a commitment to physical activity, health education, and proper nutrition.

Wellness Policy

[Please refer to this document](#) for the Western Wayne Board Policy on Wellness

Western Wayne School District "Wild About Wellness"

Western Wayne School District is committed to cultivating a healthy school environment for good nutrition and physical activity.

Here at Western Wayne we encourage staff and parents to follow these classroom party guidelines: Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient such as: brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrate, high fructose corn syrup, honey, molasses, sucrose, sugar and syrup. The following items must be provided at parties: fresh fruits and vegetables, water, 100% fruit juice or milk.

Ideas for Healthy Celebrations

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices. Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and celebrations.

Activities to Celebrate the Child

- *plan special party games and activities
- * give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an activity.
- *instead of food, ask a parent to purchase a book for the classroom in the birthday child's name. Read it to the class or invite the child's parent to come in and read it to the class.
- *create a "celebrate me" book. Have classmates write stories or draw pictures to describe what is special about the birthday child.
- *provide special time with the principal or another adult, such as taking a walk around the school at recess.
- *create a special birthday package: the birthday child wears a crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, card).
- *the birthday child is the teacher's assistant for the day.

Healthy Food Ideas*

- *low fat or nonfat milk, 100% fruit juice or water
- * fruit smoothies
- *fresh fruit assortment, fruit kabobs, fruit salad
- *vegetable trays with low fat dip
- *whole grain crackers with cheese cubes, string cheese
- *pretzels, low-fat popcorn, graham crackers, animal crackers
- *angel food cake topped with strawberries
- *bagels with jam
- *low fat pudding, low fat yogurt, yogurt parfaits
- *low fat breakfast bars
- *low fat baked chips with salsa

***CHECK FOR FOOD ALLERGIES BEFORE SERVING**

Western Wayne School District

Wellness Activities 2015-2016 school year conducted:

- Celebrations of Apple Crunch Day and Go for the Greens Day
- Elementary Level – Special Education Classrooms – Wellness Yoga
- Elementary Level – Music – Kinesthetic Activities, including instrument tag
- Elementary Level- Pre-k – 3rd – Slim Good Body Presentation
- Elementary Level- Personal Health Education and Food Guide Pyramid
- Family Consumer Science Classess
 - Food records/dietary analysis
 - National Nutrition Month Activities such as nutrition related table tents, bulletin boards, taste testing of healthy recipes