

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**