

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**

School Wellness Report 2018-19

The following activities have been conducted for our students, staff and community:

- Together for Health Program – WWHS/WWMS
Topics covered: drug and alcohol prevention, suicide prevention, yoga, healthy relationships
- Marathon Kids Grant – Evergreen Elementary, Mrs. Jill Butler, Health and Phys Ed.
Fifth grade students participate in a running club. Every Tuesday and Thursday during wellness time the students run around a designated perimeter outside. Each student is trying to run the length of 1-4 marathons throughout the school year. Once a student achieves each marathon, they receive a certificate.
- School Breakfast Program Mini Grants for the 2018-2019 school year – WWHS
Implemented a breakfast cart to set up a kiosk in area of high school that students enter the building each morning. Goal was to increase breakfast participation by marketing our school breakfast program.
- School Wellness Policy – was reviewed and revised October 1, 2018.
- Celebration of Apple Crunch Day and Go for the Green – District Wide
Encourages healthy eating habits with a variety of activities.
- Nutrition Tips of the Month – District Wide
Monthly nutrition information provided to students and families on lunch menus.
- Biggest Loser Program – Evergreen Elementary
Staff weight loss program
- National School Breakfast Week – March 4-8, 2019 – District Wide
Celebration with theme day breakfast menus, incentives and breakfast outreach to students and families.
- Annual Turkey Trot – Robert D. Wilson School
Conducted on November 29, 2018 – Elizabeth Musso, Health and Phys Ed.
A variety of physical exercises stationed around the school and in the gym to get students up and moving.
- National Nutrition Month – March 2019 – Colleen Carmody, WWHS FCS
Celebration and Nutrition Education provided to students and staff throughout the month with table tents displayed in cafeteria, bulletin boards and taste testing.
- Growing Up Lecture – Evergreen Elementary
Presented to 5th grade students
- Field Days – Evergreen Elementary, Robert D. Wilson Elementary, and WWMS
Students participate in various physical activities throughout the day.