

# **ASTECC Charter Schools Wellness Policy: A focus on physical activity, school nutrition, and staff wellness.**

## **Preamble**

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

Whereas, student scholars need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, only 29% of Oklahoma high school students participate in regular physical activity<sup>1</sup>;

Whereas in Oklahoma, six of the top ten causes of death are associated with smoking or obesity or both, with over 31% of Oklahoma adults being obese<sup>2</sup>;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the MyPlate USDA guide;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

ASTECC Charter Schools, in response to government policy and the needs of our community listed above, is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, ASTECC Charter Schools has established these priorities to address in the Wellness Policy:

- ASTECC will engage all members of the ASTECC Charter Schools community in the ongoing improvement in school health.

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<sup>1</sup>[http://physicalactivitysociety.org/images/resources2/state\\_indicator\\_reports\\_2010/PA%20State%20Action%20Guide%20Oklahoma%204%2028%2010.pdf](http://physicalactivitysociety.org/images/resources2/state_indicator_reports_2010/PA%20State%20Action%20Guide%20Oklahoma%204%2028%2010.pdf)

<sup>2</sup>[http://www.ok.gov/okstatestat/Performance\\_Statistics/Health/Percentage\\_of\\_Overweight\\_and\\_Obese\\_Adults.html](http://www.ok.gov/okstatestat/Performance_Statistics/Health/Percentage_of_Overweight_and_Obese_Adults.html)

- ASTEC faculty and staff will lead a health culture that influences the decisions made by scholars each day.
- Physical activity programs outside of sports and physical education classes will be made available to all 6-12 grade student scholars.
- Foods and beverages sold or served at school will meet the Alliance for a Healthier Generation Guidelines.<sup>3</sup>
- Qualified child nutrition professionals involved with our food service company will provide student scholars with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of scholars.
- Food professionals will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning and will provide clean, safe, and pleasant settings and adequate time for scholars to eat.
- To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program [including after-school snacks]).
- ASTEC will provide physical education and supplemental nutrition education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. Healthy and Fit Advisory Committee**

Senate Bill 1627, the Healthy and Fit Kids Act of 2004, requires each public school in Oklahoma to establish a Healthy & Fit School Advisory Committee.

A Healthy & Fit School Advisory Committee is an **advisory group of at least six individuals** who represent segments of the community (teacher, coach, scholar, administrator, parent, school nurse, health care professional, community member, food service personnel, custodian, school secretary, or school counselor). The group acts collectively as the “voice of health” to the school regarding school wellness issues.

ASTEC Charter Schools Healthy and Fit Advisory Committee will meet one time per month on campus to evaluate both middle and high school progress toward achieving goals set out in the ASTEC Wellness Policy.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

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<sup>3</sup> [https://www.healthiergeneration.org/\\_asset/5zj25d/07-141\\_CFGuidelinesChart.pdf](https://www.healthiergeneration.org/_asset/5zj25d/07-141_CFGuidelinesChart.pdf)

## **A. School Meals**

ASTECC Charter Schools' National School Lunch and Breakfast Programs will

- Be appealing and attractive to children;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables, including a daily selection of dark, leafy green vegetables on the salad bar;<sup>4</sup>
- Serve only low-fat (1%) and fat-free milk<sup>5</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) like water;
- Limit the serving of frozen and fried foods;
- Watch cautiously the milligrams of sodium added;
- Include a meatless option once per week during lunch to reinforce vegetable and fruit consumption;
- Provide menus in both English and Spanish inside of the school and on the ASTEC website; and
- Ensure that all of the served grains are whole grain.

Goals for the Future

ASTECC aims to engage scholars and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and student scholars. Such information could be made available on menus, a website, cafeteria menu boards, placards, or other point-of-purchase materials.

### **Encouraging Environment to Eat**

ASTECC Charter Schools will provide

- Clean, safe, and pleasant eating environments for scholars;
- Water fountains near each eating environment so that scholars can have access to water at all times of the day;
- Nutrition, physical activity, and mental resilience information to scholars during lunch via televisions in both the auditorium and cafeteria on a daily basis;
- Accommodations for the tooth-brushing regimens of scholars with special oral health needs (e.g., orthodontia or high tooth decay risk).

Goals for the Future

- Access to hand washing or hand sanitizing before scholars eat meals or snacks.

### **Time to Nourish**

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<sup>4</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Food companies are encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>5</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

## ASTEC Charter Schools

- Will strive to provide student scholars with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless scholars may eat during such activities. - Scholars aren't allowed to eat in the classroom, including during lunch club meetings therefore don't follow this - delete or modify rule?

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, ASTEC will

- Operate the School Breakfast Program;
- Continually notify parents and scholars of the availability of the School Breakfast Program through the School Reach voice message software, emails, and social media promotion;
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means mentioned above.

### **Free and Reduced-Priced Meals.**

ASTEC will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, scholars who are eligible for free and reduced-price school meals<sup>6</sup>.

Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all scholars; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>7</sup>

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<sup>6</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

<sup>7</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

If an outside food catering company has been hired to manage food operations, ASTEC Charter Schools will hold the food catering company accountable to the above standards.

### **Comet Food Pantry Operation**

Food and other materials from the Regional Food Bank of Oklahoma are given to schools at no cost to provide food to chronically hungry children. Food received by the school for the Comet Food Pantry program can only be used for the purpose intended by the Regional Food Bank of Oklahoma. The food cannot be sold, used for other school programs, used for fundraisers, given to staff, or used for any purpose other than to provide food to chronically hungry children.

Our pantry is located at the end of the 6th grade hallway. All of our food/goods are kept in this locked storage room and are organized by food group so that when the bags are put together for distribution, we are providing scholars with a balanced selection. Fruits, vegetables, grains, proteins, etc. are all part of the balance! The food/goods come to ASTEC from the Regional Food Bank once a month. The program coordinator is responsible for making the order the week before each shipment date as the Regional Food Bank has different selections each month. We order to a specific cost that has been approved by the Regional Food Bank for our specific Pantry (approximately \$950 in 2013-2014), which accommodates up to 75 scholars. Currently, we are providing food to an average of 30 scholars per week.

Scholars are not selected; rather teachers, counselors, or school personnel refer them. As awareness has spread, some scholars have asked for a referral form for themselves and/or siblings at ASTEC. Once a scholar has been referred, the program coordinator will contact the scholar and send a permission slip home to have a parent/guardian sign. This form is kept on file because we want to make sure parents understand that their scholar(s) is/are enrolling in the program.

The Comet Food Pantry program is a confidential program. Food bags are distributed once a week to participating scholars at the end of the school day. Extra bags are given to scholars before holiday breaks. Also, the bags that the food goes home with the scholars in are brought back to school by the scholars and are recycled each week for distribution.

## **B. Competitive Foods and Beverages**

### **Middle and High School**

All foods and beverages sold *individually* outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, scholar stores, or fundraising activities) during the school day, or through programs for scholars after the school day, will meet the following nutrition and portion size standards:

#### **Beverages**

- Allowed: water or seltzer water<sup>8</sup> without added caloric sweeteners; fruit and vegetable juices that contain 100% fruit juice and that do not contain additional caloric sweeteners;
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.
- Outside events: Athletic events and other club-sponsored activities will be encouraged to offer healthier drinking options such as those listed above.

### **Available Foods**

- A food item sold individually outside of the school lunch program should
  - Meet the Alliance for a Healthier Generation Competitive Food Guidelines<sup>9</sup>;
  - Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - Not contain any trans fat (partially hydrogenated oils) as an ingredient;
  - Have no more than 35% of its *weight* from added sugars;<sup>10</sup>
  - Contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

### **Goals for the Future:**

- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables and 100% fruit or vegetable juice.

### **Proper Portion Sizes**

Emphasizing proper portion sizes is a powerful tool to provide for our scholars. ASTEC will offer and promote, when possible, the following portion sizes in individually sold foods and beverages:

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<sup>8</sup> Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

<sup>9</sup> [https://www.healthiergeneration.org/\\_asset/5zj25d/07-141\\_CFGuidelinesChart.pdf](https://www.healthiergeneration.org/_asset/5zj25d/07-141_CFGuidelinesChart.pdf)

<sup>10</sup>If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, and other bakery items;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals; and
- Fruits and non-fried vegetables are exempt from portion-size limits.

### **Fundraising Activities**

To support scholar health and school nutrition-education efforts, those involved with school fundraisers will encourage fundraisers that meet the nutrition and portion standards outlined above. ASTEC will encourage fundraising activities that promote physical activity.

#### Goals for the Future

If an ASTEC organization receives approval from administration to execute a fundraiser that goes against language stated in the Wellness Policy, that organization must also sell or provide healthy products in the fundraiser or at the event.

ASTEC will distribute a list of healthy fundraising ideas to all teachers and administrators. (Located in Appendix A)

### **Nutritious Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to scholar diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. ASTEC will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. ASTEC will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

### **Rewards**

Rewards are an integral part of a thriving school. The school community is encouraged to limit food as a reward by creatively incentivizing other awards when possible. Staff members are encouraged to use food that meets the nutritional standards for food and

beverages sold individually for rewards for academic performance or good behavior.<sup>11</sup> The school community will not withhold food or beverages as a punishment. For ideas regarding non-food rewards, please refer to Appendix B.

### **Celebrations and Parties**

Celebrating student successes and creating lasting memories is encouraged at ASTEC. However, celebrations that involve food should be limited to once per month unless an exception is given by administration. Party organizers should try to limit the amount of sugar and nutritionally deficient items served at celebrations. Organizers should use the nutrition standards for foods and beverages served individually (above). Each party should include at least one healthy option. The district will disseminate a list of healthy party ideas to stakeholders, found in Appendix C.

**School-Sponsored Events** (such as, but not limited to, athletic events, dances, STP events, or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day will strive to meet the nutrition standards for meals or for foods and beverages sold individually (above). If they are not meeting standards, each event will have a healthy food and drink option available.

## **III. Nutrition and Physical Activity Promotion and Food Marketing**

### **Nutrition Education and Promotion**

ASTEC Charter Schools aims to teach, encourage, and support healthy eating by scholars. Schools should provide nutrition education and engage in nutrition promotion that

- Is offered at each grade level (change wording here or add health education into other classes?) as part of a sequential, comprehensive, standards-based program designed to provide scholars with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes the importance of eating for nourishment and not taste while preventing disease, not just monitoring weight;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

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<sup>11</sup> Unless this practice is allowed by a student's individual education plan (IEP).



- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

#### **Goals for the Future**

- Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

#### **Integrating Physical Activity into the Classroom Setting**

For scholars to receive the nationally recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for scholars to fully embrace regular physical activity as a personal behavior, scholars need opportunities for physical activity beyond physical education class. Toward that end,

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate, and especially after lunch.

#### **Parent Health is a Priority**

ASTECC will support parents' efforts to provide a healthy diet and daily physical activity for their children. ASTECC will offer healthy eating seminars for parents, send home nutrition information in school newsletters, and post nutrition tips on school websites.

#### **Goals for the Future**

ASTECC will work towards providing nutrient analyses of school menus to support parents' efforts in providing a healthy diet for their children.

ASTECC will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

An emphasis toward parent health will be provided through these activities:

- Invitations to staff weekly workout classes;

- Healthy tips inserted into school Facebook page; (modified from newsletter)
- Encouragement to attend the yearly health festival;
- Healthy foods and drinks provided at STP events; and
- Inclusion on the Healthy and Fit Advisory Committee

### **How Will ASTEC Market Food in School?**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).<sup>12</sup> School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>13</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. No brand shall receive unequal promotion over the other.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in the vending machine; sales of fruit for fundraisers; promotions in cafeterias towards seasonal produce; and coupons for discount gym memberships.

### **Supporting Staff Health**

ASTEC Charter Schools highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Such activities monitored by the Healthy and Fit Advisory Committee will include

- Staff workout classes once per week where scholars are invited as well;
- One health competition each semester (Examples: team pedometer competitions, pick your pledge, and other relevant ideas);
- Participation in the Oklahoma City Memorial Marathon as a team relay;
- Weekly emails with healthy tips and recipes; and
- Faculty and staff healthy potlucks to be conducted monthly.

The Healthy and Fit Advisory committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should include ways to encourage healthy eating,

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<sup>12</sup> Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

<sup>13</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

ASTE C administration will encourage and recognize healthy lifestyle choices and award leaders amongst the staff at monthly and year-end events.

#### **IV. Physical Activity Opportunities and Physical Education**

##### **Daily Physical Education (P.E.) K-12**

ASTE C will strive to provide all scholars in grades K-12, including scholars with disabilities, with special health-care needs, and in alternative educational settings, daily physical education (or its equivalent of 150 minutes/week for elementary school scholars and 225 minutes/week for middle and high school scholars) for the entire school year. A certified physical education teacher will teach all physical education classes. Scholar involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Scholars will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

##### **Physical Activity Opportunities Before and After School**

ASTE C Charter Schools will strive to offer a wide range of extracurricular physical activity programs, such as physical activity clubs or intramural programs. ASTE C, as appropriate, will offer interscholastic sports programs, such as soccer, basketball, cross country, and cheerleading. ASTE C will offer a range of activities that meet the needs, interests, and abilities of all scholars, including boys, girls, scholars with disabilities, and scholars with special health-care needs. Examples include

- Rowing;
- First Tee Golf;
- Flag football;
- Bowling; and
- Workout clubs.

##### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

##### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to scholars, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. Are these facilities open to scholars, staff, and community members outside of school hours? Should this be modified or become a goal for the future?

## **V. Monitoring and Policy Review**

### **Implementation and Monitoring**

The Wellness Policy will be updated annually and approved by the CEO. Incoming information from local sources from inside and outside the school walls will be used in guiding the Health and Fit Advisory Committee as they make decisions and recommend changes in policy. One suggested data tool to use for assessing existing policies is the Health Schools Program Inventory provided by the Alliance for a Healthier Generation.

ASTEC's CEO and administrative team will have oversight and ensure compliance with the established school-wide nutrition and physical activity wellness policies set forth by the Healthy and Fit Advisory Committee. At least one member of the administrative team will be on the Healthy and Fit Advisory Committee.

## Appendix A

# Making Health a Priority in Fundraising

School fundraising drives many of the activities inside—and outside—of the classroom at ASTEC. Our fundraisers help support school field trips, technology updates, new computers, athletics, theatre, and the arts.

By selling less nutritious food items in fundraisers, ASTEC contradicts the nutrition message taught in the classroom. This gives the impression that the school prioritizes making money more than improving scholar health. Below is a listing of ideas broken down by category for school sponsors and scholars to reference:

### School Spirit Fundraisers

- Magnets
- Stadium cushions
- ASTEC Car Flags
- Book covers
- Yearbook covers
- T-Shirts/Hats/Sweatshirts
- Water bottles
- Calendars
- Mugs
- License Plates
- Picture frames

### Entertainment Fundraisers

- Valentine's Day
- Flowers
- Flowers and bulbs
- Healthy food bouquets
- Talent shows
- Singing telegrams
- Festivals
- Penny Wars
- Magic Show
- School Dance
- Movie Night

### Material Fundraisers

- Cookbooks
- Bath accessories
- Books and calendars
- Candles
- First aid kits
- Gift baskets  
(coffee/tea/fruit)
- Gift-wrap
- Greeting cards
- Holiday ornaments
- Jewelry
- Car accessories
- Coupon booklets

## -- Take a Look Online --

- [www.afrds.org/homeframe.html](http://www.afrds.org/homeframe.html)  
Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals", a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.
- [www.PTOtoday.com](http://www.PTOtoday.com)  
Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."
- [www.fundraising-ideas.com](http://www.fundraising-ideas.com)  
Offers a free newsletter with programs, services, and press releases. Links to [www.amazon.com](http://www.amazon.com) with books on fundraising.

## Appendix B

# Rewards the Right Way

As a society, food is often used for positive reinforcement for “good” behavior. This happens at home, in the classroom, in the office, and on the athletic field. Unknowingly, short-term behavior change can often turn into unhealthy attitudes toward food over the long term.

**There are several disadvantages to utilizing food as a reward:**

- It undermines nutrition education being taught inside the school.
- It may encourage overconsumption of foods high in saturated fat and sugar.
- It teaches scholars to eat when they're not hungry as a reward to themselves.

In order to strengthen our scholars' ability to handle adversity in a healthy manner, ASTEC encourages these alternatives to the traditional food rewards found in school parties, celebrations, and class incentives. Scholars naturally enjoy eating healthy and being physically active. Below are a few ideas for scholars to enjoy.

### Zero-Cost Alternatives

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Play a computer game
- Get a no homework pass
- Make deliveries to office
- Listen to music while working
- Work on a class puzzle
- Eat with a teacher at lunch
- Have a teacher perform a skill
- Give a 5-minute chat break
- 10 minutes creative break for drawing or arts endeavors

### Low-Cost Alternatives

- Check out a book from teacher's library
- Enter a drawing for donated prizes
- Take a trip to the treasure box
- Get stickers, pencils, and other school supplies
- Receive a gift card
- Certificates
- Photo board

### Other Ideas

Start the week with 15 minutes of free time. Add or subtract from that number as the week moves along, reinforcing positive or negative behavior

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. For more information about Team Nutrition, contact Chris Flood at 269-639-0002 or go to [www.tri.fcs.msue.msu.edu](http://www.tri.fcs.msue.msu.edu).

## Appendix C

# Host Healthy School Parties

Endless opportunities are available inside of our school to affect a healthy lifestyle on our scholars. ASTEC Charter Schools is committed to reinforcing the lessons taught in our health curriculum. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for ASTEC to reinforce the message that making healthy food choices and being physically active mean a healthier body and sharper mind.

### **Party Food Ideas for School Activities and Classroom Parties**

Food choices at the school party should undoubtedly add to the excitement but at the same time not be the only focus. Subliminally, schools hold great influence on the dietary choices that scholars make, even at school parties and activities. ASTEC will take advantage of this opportunity by offering healthy choices that fuel our scholars in a nutritious manner. As you consider the options below, be sure to consider ethnic and medical food restrictions and allergies when providing snacks in the classroom.

By using these options below as a guide to classroom parties and activities, ASTEC staff members can make a strong statement to our scholars that we care about their well being:

- Fresh fruit and vegetables – Look for local and seasonal produce
- Yogurt parfaits (Top with granola and fruit. A scholar favorite!)\*
- Baby carrots and sugar snap peas with hummus or low-fat ranch
- Trail Mix (Bowl 5 different options and allow scholar to choose their mix)\*
- Nuts and seeds\*
- Fig cookies
- Whole grain crackers with low-fat cheese
- Apple sauce
- Animal crackers
- Baked chips
- Low-fat popcorn
- Granola bars\*
- Whole grain pretzels (soft or crunchy)
- Pudding
- String Cheese\*
- Cereal bar with choice of milk\*
- Milk\*
- Fruit Juice
- Smoothies
- Bottled Water

\*Be careful with food due to possible allergy concerns. Check with scholars before serving foods.

Feel free to search online for even more healthy party ideas or visit this link:  
[http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

## VI. Resource Guide for Healthy and Fit Advisory Committee and Other Interested Parties

### **Crosscutting:**

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi)>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <[www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/LC%20Color%20\\_120204\\_final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf)>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <[www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association

### **School Health Councils:**

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <[www.nchealthyschools.org/nchealthyschools/htdocs/SHAC\\_manual.pdf](http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf)>



## **Nutrition:**

### **General Resources on Nutrition**

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <[www.health.gov/dietaryguidelines/dga2005/document/](http://www.health.gov/dietaryguidelines/dga2005/document/)>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <[www.csba.org/ps/hf.htm](http://www.csba.org/ps/hf.htm)>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

### **School Meals**

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study-II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <[www.cspinet.org/nutritionpolicy/SNDAllfind.pdf](http://www.cspinet.org/nutritionpolicy/SNDAllfind.pdf)>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <[www.eatright.org/Member/Files/Local.pdf](http://www.eatright.org/Member/Files/Local.pdf)>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <[www.eatright.org/Public/NutritionInformation/92\\_8243.cfm](http://www.eatright.org/Public/NutritionInformation/92_8243.cfm)>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)>
- *Breakfast for Learning*, Food Research and Action Center, <[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)>
- *School Breakfast Scorecard*, Food Research and Action Center, <[www.frac.org/School\\_Breakfast\\_Report/2004/](http://www.frac.org/School_Breakfast_Report/2004/)>

- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], [www.healthyarkansas.com/advisory\\_committee/pdf/final\\_recommendations.pdf](http://www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf)

### **Meal Times and Scheduling**

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, [www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf) >

### **Nutrition Standards for Foods and Beverages Sold Individually**

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy, [www.publichealthadvocacy.org/school\\_food\\_standards/school\\_food\\_standards/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf)
- State policies for competitive foods in schools, U.S. Department of Agriculture, [www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\\_policies\\_2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm)
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest, [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, [www.cspinet.org/nutritionpolicy/Foods\\_Sold\\_in\\_Competition\\_with\\_USDA\\_School\\_Meal\\_Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)
- *FAQ on School Pouring Rights Contracts*, American Dental Association, [http://www.ada.org/public/topics/softdrink\\_faq.asp](http://www.ada.org/public/topics/softdrink_faq.asp)

### **Fruit and Vegetable Promotion in Schools**

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, [www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at

[www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html).

- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at [www.shop5aday.com/acatalog/School\\_Food\\_Service\\_Guide.html](http://www.shop5aday.com/acatalog/School_Food_Service_Guide.html)
- National Farm-to-School Program website, hosted by the Center for Food and Justice, [www.farmtoschool.org](http://www.farmtoschool.org)
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at [www.5aday.org](http://www.5aday.org)

### **Fundraising Activities**

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, [www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlea n/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlea n/fundraiser1.pdf)
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, [www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&P A%2031%20-%20Fundraising.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&P A%2031%20-%20Fundraising.pdf)

### **Snacks**

- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, [www.frac.org/html/building\\_blocks/afterschsummertoc.html](http://www.frac.org/html/building_blocks/afterschsummertoc.html)

### **Rewards**

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, [www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, [www.tn.fcs.msue.msu.edu/foodrewards.pdf](http://www.tn.fcs.msue.msu.edu/foodrewards.pdf)
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service

### **Celebrations**

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, [www.actionforhealthykids.org/AFHK/team\\_center/team\\_resources/AL/N&P](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&P)

[A%2032%20-%20parties.pdf](#)>

- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

## **Nutrition and Physical Activity Promotion and Food Marketing:**

### **Health Education**

- *National Health Education Standards*, American Association for Health Education, <[http://www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)>

### **Nutrition Education and Promotion**

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[www.fns.usda.gov/tn/Educators/index.htm](http://www.fns.usda.gov/tn/Educators/index.htm)>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <[www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <[www.eatright.org/Public/index\\_19218.cfm](http://www.eatright.org/Public/index_19218.cfm)>

### **Integrating Physical Activity into the Classroom Setting**

- *Brain Breaks*, Michigan Department of Education, <[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)>
- *Energizers*, East Carolina University, <[www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)>

### **Food Marketing to Children**

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <[www.cspinet.org/pesteringparents](http://www.cspinet.org/pesteringparents)>
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, <[www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf](http://www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf)>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>

- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <[www.gao.gov/new.items/d04810.pdf](http://www.gao.gov/new.items/d04810.pdf)>

### **Eating Disorders**

- Academy for Eating Disorders, <[www.aedweb.org](http://www.aedweb.org)>
- National Eating Disorders Association, <[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)>
- Eating Disorders Coalition, <[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)>

### **Staff Wellness**

- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <[www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

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

### **General Resources on Physical Activity**

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <[www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm)>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#\\_Toc490380803](http://www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

### **Physical Education**

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at

<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>

- *Opportunity to Learn: Standards for Middle School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/substitution.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf)
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, [www.pe4life.org/articles/blueprint2004.pdf](http://www.pe4life.org/articles/blueprint2004.pdf)

### **Recess**

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/current\\_res.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf)
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, [www.opi.state.mt.us/schoolfood/recessBL.html](http://www.opi.state.mt.us/schoolfood/recessBL.html)
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, [www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>

### **Physical Activity Opportunities Before and After School**

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, [www.aahperd.org/naspe/pdf\\_files/pos\\_papers/intramural\\_guidelines.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf)
- *The Case for High School Activities*, National Federation of State High School Associations, [www.nfhs.org/scriptcontent/va\\_custom/vimdisplays/contentpagedisplay.cfm?content\\_id=71](http://www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71)
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education,

<[www.aahperd.org/naspe/pdf\\_files/pos\\_papers/RightandResponsibilities.pdf](http://www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf)>

### **Safe Routes to School**

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, <[www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/](http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/)>
- *KidsWalk to School Program*, Centers for Disease Control and Prevention, <[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <[www.walkinginfo.org/walkingchecklist.htm](http://www.walkinginfo.org/walkingchecklist.htm)>

### **Monitoring and Policy Review:**

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf)>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>