

Metcalf Wellness Policy
May 1, 2008
Reviewed by FAC November 8, 2010

BELIEF STATEMENT

Thomas Metcalf School is committed to providing a learning environment that supports and promotes wellness, good nutrition and the development of a life-long commitment to an active lifestyle. As a school community, we recognize the relationship between good nutrition, physical activity and the capacity of students to develop and learn. **As such, we believe that teachers, faculty, staff, families and the Illinois State University community should work together to positively influence student habits and to promote wellness through good nutrition and physical activity.**

INTENT

The purpose of this policy is to ensure that Thomas Metcalf School promotes and supports student wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition for *all* foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving faculty, parents, students, administrators, Campus Dining Services, and the ISU community.

NUTRITION EDUCATION

- Teachers will be surveyed to discover where nutrition education is taught besides home economics.
- Based on survey results, an effort will be made to integrate nutrition education into the current curriculum.
- The wellness committee will educate the faculty about the use of healthy snack options. (See Attachment A.)
- The wellness committee will educate the faculty about the classroom rewards that may be used in place of food items. (See Attachment B.)
- An education program for parents/guardians on the choices of foods that Metcalf students have as well as the realities of the nutritional value of school lunch will be created by Campus Dining Service.

PHYSICAL ACTIVITY

- Ways to actively engage families in physical activities beyond the school day will be developed through newsletters and activities calendars.
- We will implement a program to coincide with the National Day of Sport and Physical Activity during the first week in May. Parents will be invited to come to school and participate in physical activities during the school day.
- We can use The Quality Physical Education—How Does Your Program Rate? Survey from the NASPE to self assessment to analyze physical activity gaps.
- Health Education students from the ISU Health Education Program will administer Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide.

NUTRITION GUIDELINES

- School meals shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and all applicable state and local laws and regulations.
- An effort will be made to collect input from parents/guardians on school lunches by inviting parents to tastings.
- The possibility of offering fruit “family style” to students during lunch as a way of increasing their access to healthy foods will be explored.
- The Wellness Committee will seek grants to supplement the funds available for food choices.
- It is recommended that Birthday/Celebration treats are limited to the choices on the healthy choice list. (Attachment A)
- Attachments C & D serve as examples of classroom snack policies.

MEASURING IMPLEMENTATION & COMMUNITY INVOLVMENT

- A standing Wellness committee consisting of teachers (at least one P.E.), parents/guardians, members of the University Community and Campus Dining Service shall be established to biannually review the wellness policy to ensure that its goals are being met. This committee will be appointed by the Metcalf Administration.
- The wellness policy will be publicized to ensure that all members of the Metcalf community are aware of the importance of wellness.
- Parents/guardians and students will be a part of the outreach program to let our school community know what our wellness policies are.

- Bulletin boards will be created on a monthly basis with a different wellness topic. These bulletin boards will be created by either middle school students as a part of the wellness curriculum or elementary methods students from the KNR department.
- A wellness fair will be organized by the Metcalf P.E. staff.

Attachment A

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

Attachment B

Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

Attachment C

Healthy Snacking in Kindergarten

Information from MayoClinic.com

In Kindergarten, students need energy food around mid-morning. By energy food, we do not mean sweetened, highly processed foods. We mean foods that are good for the body and therefore the mind.

If you would be willing to help with healthy snacks for the class, please sign the form below and mark how often you would be willing to help. Thanks in advance for this generous support of the Kindergarten classroom.

In order to provide the Kindergarten with healthy foods, please only provide snacks that are listed below...Birthday's and special days are the exception!

All fresh fruit and vegetables should be pre-washed and ready to serve (if possible).

whole apples or apple slices	sliced melon
bananas	string cheese
sliced or whole oranges	pears
grapes	strawberries
carrot sticks or slices	dried fruit/trail mixes
celery	fruit kabobs
ants on a log(w/ cream cheese)	box of cereal (Cheerios, Kix, Life, etc.)
granola(may Contain peanuts)	wholegrain crackers
natural unsweetened applesauce	trail mix
popcorn	rice cakes
mini muffins	cheese cubes
Goldfish crackers/Pretzels (now available in whole grain)	
sliced vegetables such as cauliflower, grape tomatoes, broccoli, cucumbers, peppers~ maybe even some ranch dip!	

*There are some allergy concerns in our classroom~ Please **AVOID** products that may contain **PEANUTS!***

Simply send the snack with your child the morning of their day. (There is a small refrigerator in our kitchen to keep things and we can cut and prepare items if needed) **Thank you for all you are doing to keep our bodies and minds healthy this year and for life!**

Attachment D

First Grade and Healthy Snacks

MayoClinic.com

In first grade, students need energy food around mid-morning. By energy food, we do not mean sweetened, highly processed foods. We mean foods that are good for the body and therefore the mind. We will take a quick ten minutes (while we work) to refuel our bodies with healthy snacks. I have been providing snack for the past week. If you would be willing to help with snack for the class, please sign the form below and mark how often you would be willing to help. Let me thank you in advance for this generous support of the first grade classroom.

*To stay hydrated, your child is always welcome to have his/her own water bottle which he/she drinks from as needed throughout the day. Please simply label with your child's name. It will stay at your child's table spot and be sent home on a regular basis for cleaning and refilling.

Snack options:

In order to provide the first graders with healthy foods, please only provide snacks that are listed below...or call with more suggestions. (Suggestions are always welcome.)

All fresh fruit and vegetables should be pre-washed and ready to serve.

whole apples or apple slices

bananas

sliced or whole oranges

grapes

carrot sticks or slices

celery

ants on a log

granola

natural unsweetened applesauce

granola bars

Goldfish crackers/Pretzels (now available in whole grain)

sliced vegetables such as cauliflower, grape tomatoes, broccoli

sliced melon

string cheese

pears

strawberries

dried fruit/trail mixes

fruit kabobs

box of cereal (Cheerios, Kix, Life, etc.)

wholegrain crackers

trail mix

rice cakes

Simply send the snack with your child the morning of their day. (We have a small refrigerator in the back of our room.) **Thank you for all you are doing to keep our bodies and minds healthy this year and for life!**

Yes, I would be willing to bring snack for the class _____ times a month.

My child's name is _____.