



**Achievement First**

PUBLIC CHARTER SCHOOLS

[www.achievementfirst.org](http://www.achievementfirst.org)

## **SCHOOL WELLNESS POLICY**

**2015-2016**

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## **Coordinated School Health:**

The Connecticut Achievement First Schools follow the Center for Disease Control's (CDC) Coordinated School Health (CSH) approach to school wellness. This model values the physical, mental and environmental health of students, teachers, parents and community. The CSH is recommended as an effective strategy for creating healthy school environments that promote health and learning for all students. CSH is made up of eight inter-related components, and this manual is arranged by these components.

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## **WELLNESS COMMITTEE CORE MEMBERS**

The Achievement First Network will work with school boards to ensure core members of the wellness committee includes the following groups:

1. A Teacher Representative from a school in the Charter
2. A Parent Representative from a school in the Charter
3. A member of Achievement First Network Support
3. A Nurse Representative from a school in the Charter

# HIGHLIGHTS from the DISTRICT WELLNESS PLAN: 2015-2016

## ACHIEVEMENT FIRST – DISTRICT WELLNESS COMMITTEE

Below are selected policies and recommendations from the **AchievementFirst Schools** Wellness Plan, A new concise ‘School Wellness Manual’ describes what is mandated or recommended in schools, and has resources to facilitate implementation. The Manual will be **distributed to all schools, and will be available to students, parents, teachers and the community at [www.achievementfirst.org](http://www.achievementfirst.org)**.

### HEALTHY FOOD

#### Meal Times

School meals will be healthy and tasty, and will meet or exceed federal nutrition requirements. Students will have at least 10 minutes to eat breakfast and 20 minutes for lunch. The only beverages given or sold to students are water, milk and 100% fruit juice.

#### In School Celebrations

It is recommended that schools use nonfood items or do special activities to celebrate birthdays, events and accomplishments. If schools do choose to allow food for celebrations it is recommended that it be healthy food.

Ideas for nonfood celebrations:

- Have students lead an outdoor class activity or game
- Read a special book to the class or play a special game
- Create a class birthday card, book or poster

#### Rewards

Achievement First schools encourage positive behavior management in schools. Physical activities are encouraged to be used as a reward, such as fun runs, extra time in outdoor recess, or exergaming time.

*Food and beverages should not be used by teachers or staff to reward student academic achievement or good behavior.*



### PHYSICAL ACTIVITY

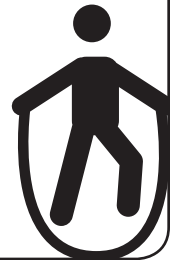
#### Daily Physical Activity:

To meet the state mandate requiring all elementary students to have daily physical activity, and for students to embrace regular physical activity as a personal behavior, schools will offer opportunities for physical activity such as:

- Recess
- Classroom based physical activity (ex. ABC for Fitness or Take 10!)
- Pedometer programs such as Walk Across America
- Exergames

#### Physical Activity-Policy

Achievement First does not allow teachers or staff to withhold physical activity such as gym class and recess as punishment or for any other reason. Additionally, forced physical activity may not be used as a punishment.



### Healthy Environment-Hand Washing

Schools will provide students with access to hand cleansing at sinks

or hand sanitizing stations before they eat meals or snacks and hand cleansing will be promoted to students by staff.



### BEHAVIORIAL HEALTH

Each school will:

- Have a zero tolerance bullying policy
- Provide information on and access to community programs and services
- Encourage positive behavior management techniques and supports for staff and parents



### FAMILY SUPPORTS

Schools will work to strengthen parent-school partnerships. Schools will have an active Parent Leadership Team which meets regularly and has a school staff member on its team.



# **OVERVIEW of the ACHIEVEMENT FIRST WELLNESS PLAN:**

## **POLICIES AND RECOMMENDATIONS FOR ALL SCHOOLS BASED ON THE COORDINATED SCHOOL HEALTH COMPONENTS**

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### **Physical Education & Physical Activity Overview**

**All Students will receive physical education and integrated daily physical activity to promote good physical and emotional health, improve social skills and increase their capacity for academic learning.**

All Students will receive physical education and daily physical activity aligned with state and federal mandates.

All elementary school students will have 20 minutes of daily physical activity in accordance with the provisions of Section 10-221o of the Connecticut General Statutes.

School and community personnel will not use physical activity or withholding physical activity (i.e., PE or recess) as punishment per State Statute.

Coaches will appropriately assess students for possible concussions and restrict them from play when needed in full compliance with Connecticut law.

Physical activity as a personal behavior will be encouraged through increased opportunities for afterschool and extracurricular physical activity.

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### **Physical Health Services Overview**

**Health services are designed to ensure access or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.**

School nurses will address the health and safety of students through the application of state statutes and mandates as well as local requirements and the provision of essential services.

The school nurses offices maintain active health records for students currently enrolled and inactive health records for students no longer enrolled or who graduated, as required by State Statute.

Children without insurance or a primary care provider are identified and referred to appropriate community services, as required by State Statute.

All state mandates regarding organized athletic activities in the Achievement First Schools are met and policies and procedures are in place to promote safety and respond to health issues that may arise

The School Medical Advisor provides expertise to the Board of Education and the School Nursing Program for its schools as required by State Statute.

In the absence of a school nurse, the Director of Operations has responsibility for assuring necessary health services are provided.

Services are provided to address identified priority health needs: mandated health screenings; immunizations; asthma; allergies; concussions; tuberculosis; and other communicable illnesses.

A process will be developed for their early identification and appropriate placement of students with special health needs.

Oral health will be promoted in the schools through a variety of means such as oral health education and dentist visits.

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### **Nutrition & Food Services Overview Achievement First**

**Achievement First strives to create a healthy food environment for all students in accordance with all Connecticut and Federal school nutrition requirements. AF aims to serve delicious, healthy whole foods while minimizing highly processed foods.**

Students will have at least 10 minutes for breakfast and 20 minutes for lunch, and students must be permitted to eat during any meetings or activities scheduled during mealtimes per Federal Law.



Schools will not withhold food or beverages (including food served through school meals) as a punishment in accordance with AF policy.

Schools will not use foods or beverages as rewards for academic performance or good behavior in accordance with AF policy.

Achievement First schools will support parents' efforts to provide a healthy diet for their children.

Schools should discourage students from sharing food/beverages given allergy concerns.

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## Healthy, Safe & Positive School Environment Overview

To ensure a healthy, safe and positive school environment for all students, this includes the physical and aesthetic surroundings. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.



The management of pests in the school environment requires an integrated approach that stresses both prevention and safe use of chemicals and other means for control and eradication per State Statute.

Create, distribute and regularly update a Crisis Management Book which will include emergency action plans for a variety of situations ranging from weather to security to biohazard emergencies per State Statute.

A green cleaning program that meets state mandates and whose products meet approved standards/guidelines will be developed.

Procedures for the maintenance of school facilities will be developed to ensure indoor air quality and a prevention program for the ongoing protection of indoor air quality in all of its facilities per State Statute.

As required by the State, each school will have an automatic external defibrillator (AED) and school personnel trained in AED operation and CPR.

Radon testing in school buildings will be performed at appropriate intervals by radon measurement professionals who are appropriately trained per State Statute.

A program to identify friable and non-friable (ACM) asbestos-containing material in any school facilities will be developed and whenever necessary appropriately trained individuals for any remediation efforts will be deployed as required by the State Statute.

The schools will comply with all OSHA mandates including training and maintaining proper paperwork for the following: 1) Slip, Trip and Fall Training; 2) Blood borne pathogens; 3) Proper bending and lifting techniques; and 4) Hazardous Materials.

The District will comply with all regulations and standards for safety inspections of facilities and equipment.

Energy Volunteer Program designed to conserve energy and reduce the carbon footprint by training the end users to take an active role through behavior modification will be developed.

Schools will provide students access to hand cleansing at sinks in bathrooms or hand sanitizing stations elsewhere before they eat meals or snacks.

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## Youth, Family & Community Involvement Overview

Parents, families and community are vital to the success of students and schools at AF. The Achievement First Schools seek to further develop and strengthen partnerships with community agencies, parents and staff to increase the overall wellness of our students, staff and school communities.



AF will seek to further develop and strengthen partnerships with community agents as sources of wellness related programs, resources and expertise.

AF is committed to reaching out to parents to encourage healthy lifestyles along with scholastic achievement.

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## Staff Health Promotion Overview

AF highly values the health and well-being of every staff member and therefore, will seek to further develop an environment that supports personal efforts by staff to maintain a healthy lifestyle.



AF will expand the Employee Wellness Program to support the health and well-being of every staff member.

Teachers are role models for their students and are asked to support the work of the Wellness Committee.



# Physical Education & Physical Activity

## State and Federal Standards:

- 60 minutes/week for elementary students
- 90 minutes/week for middle school students
- Up to 120 minutes/week for at least one of the four years for high school students
- ♦ Students will be exposed to a variety of activities
- ♦ Students will engage in moderate to vigorous physical activity for at least half of the PE period
- ♦ All classes will be taught by a certified physical education teacher in a ratio not to exceed 1:27

## Daily Physical Activity

### *State and Federal standards:*

- All elementary school students will have daily physical exercise for 20 minutes in accordance with the provisions of Connecticut General Statutes Section 10-221o. Other grades will have daily activity in accordance with PE standards.
- Recess will be provided
- Teachers should discourage extended sitting
- Physical activity should be encouraged in and out of the classroom

## Physical Activity and Punishment

Physical activity will not be withheld or used as punishment.

- Students will not be asked to do any type of physical activity as punishment
- Recess and Physical Education class will not be withheld as punishment

## Safety and Sports

- The district will provide training for all coaches and staff in appropriate assessment techniques.
- Students will be restricted from playing until such time that students can be fully evaluated and cleared to safely resume athletic activities.

## Broad Impact on Student Physical Activity Goal

Physical Activity opportunities should be available during, before and after school.

- Physical activity should be integrated throughout school day
- Curriculum should link and reinforce knowledge and self management
- Opportunities for extracurricular activities will be provided at each school
- Opportunities for interscholastic sports will be provided at each school
- Afterschool childcare programs will provide daily periods of moderate to vigorous physical activity
- NHPS schools encourage community access to building facilities and equipment
- Use of exergaming equipment
- Information on PA opportunities will be posted on city and school websites and through New Haven Youth Map (Resource #3)

## Walking and Biking to School

The District will make efforts to make it safer and easier for students to walk and bike to school.

- The district will partner with public works, public safety, police department and community organizations
- The district will install bike racks at schools
- The district will encourage use of public transportation when available and appropriate





# Health Services

## School Nursing Program

School nurses address the health and safety of students through the application of state statutes and mandates as well as local requirements and the provision of essential services.

The services provided by the school nurse include but are not limited to:

- Screening for compliance with immunizations and physical exams for school entry requirements (*CT State Mandate*)
- Providing care and case management for students with chronic diseases
- Obtaining individualized health care plans and medication orders
- Providing and monitoring safe administration and storage of medications (*District Policy*)
- Providing first aid diagnosis and treatment of minor illness/injuries/allergies
- Providing mandated hearing and vision screenings and referrals (*CT State Mandate*)
- Performing special care nursing services
- Maintaining the school health records during and after the students' school years

## Extramural Sports

Ensure all state mandates regarding organized athletic activities in the 75 are met and policies and procedures in place to promote safety and respond to health issues that may arise.

- Sport physicals are required for students to participate in extramural sports, as required by State Statute.
- Trainers will attend home games of all sports and away games/meets for lacrosse, football and any tournaments.
- A staffed ambulance is available for home lacrosse and football games as well as for the PE on the Green, Fitness Fund Run and the Rotary track events.
- Ensure coaches receive training about health and safety issues to cover all extramural athletic activities, that coaching staff meet state requirements for regular re-certification, and that coaching staff have taken the injury prevention module. The BOE will offer the injury prevention module itself and make staff aware of when it is offered elsewhere in the Region.

## Health Services in Absence of School Nurse

The DSO has responsibility for assuring necessary health services are carried out in the absence of a school nurse.

- Responsibilities range from dispensing routine prescribed medications to caring for minor illnesses and injuries to responding to urgent or emergent matters.
- All staff responsible for the delivery of care in the absence of a nurse must have had training in those aspects of care that they are expected to deliver.



## Health Services *continued*

### Services for Priority Health Needs

- Asthma: Asthma management services consistent with recognized best practices will be provided. The School Nursing Program's "Standards for the Management of Asthma in the Schools" is the basis for asthma management services. The School Nursing Program will promote and track the use of Asthma Action Plans (AAPs) for all school children.
- Allergies: Food Allergy Policy seeking to prevent serious food and other allergic reactions as well as to manage effectively any that might occur will be developed, as required by State Statute. School nurses collaborate with parents, primary care providers, and appropriate school staff to develop emergency care plans for each child at risk. School nurses disseminate this to and, where appropriate, train all staff who need to play a role in the child's allergy prevention and management.
- Concussions: A policy will be developed and implemented to address the prevention, identification and management of concussions including the step-wise re-integration of students into physical and academic activities. Appropriate school staff will be trained in injury prevention and the identification of possible concussions that may occur either in or out of school. A policy will be developed to ensure students' safe, step-wise re-integration into physical activities and academics
- Tuberculosis (TB): A policy regarding the identification of students who are at high risk for tuberculosis will be enforced. Ensure students who are at high risk have had appropriate screening and care management before being permitted entry into the schools. High risk students may be excluded if timely screening and care management are not completed.
- Other Communicable Illnesses: Children suspected of having a communicable illness that could pose risks to others could be separated from others and will be referred for evaluation and appropriate care.

### Children with Special Health Care Needs

- Individualized Health Plans (IHPs) are developed by the school nurse for students with identified special health care needs.

### Oral Health Services

- Take all reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).



# Nutrition & Food Services

## Timing of Meals

- Students will have at least 10 minutes for breakfast and 20 minutes for lunch. Meetings and activities can only be scheduled during mealtimes if students are allowed to eat. (Federal Mandate)
- Schools should arrange bus schedules that will allow students to participate in the breakfast program.

## School Food Service Program

- The School Food Service Vendor will provide all food and beverages to students during meal times. Food should be as balanced meals with any individual foods or beverages meeting specific nutrition standards detailed below in accordance with CT and Federal School Nutrition standards.
- Qualified nutrition professionals will administer the school meal programs. The Food Vendor will provide continuing professional development for all nutrition professionals in schools.
- Free drinking water will be accessible at all schools during meal times. (Federal Mandate)
- Schools should explore participation in alternative breakfast programs such as breakfast in the classroom and grab-and-go breakfast.
- Schools should pursue receiving reimbursements through the National School Lunch After School Snack Program if they choose to serve snacks after school.
- Schools open during the summer should offer the Summer Food Service Program for at least 6 weeks between the last day of the academic school year and the first day of the following school year (preferable throughout the entire vacation) if more than 50% of students are eligible for free or reduced-priced school meals.

*Meals served through the National School Lunch and Breakfast Program will:*

- Be appealing and attractive to children
- Maximize use of locally sourced fruits and vegetables
- Be peanut-free
- Be styrofoam free

## Food available on school grounds

- School-sponsored events (such as, but not limited to, athletic events, dances, or performances) should follow nutrition guidelines used during the school day.

## School Health Counter-Marketing

- School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.
- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is strongly encouraged.



# Healthy, Safe & Positive School Environment

## **Integrated Pest Management**

- Develop and utilize an integrated pest management plan that meets CT state mandates.
- Identify a certified pest control vendor who is trained to implement the plan.
- Develop and implement protocols for the identification and referral of pest problems for appropriate management.

## **School Security and Emergency Preparedness**

A Crisis Management Book will also include:

- How to restrict unauthorized entries and departures to and from the school grounds during the school day.
- A policy for securing schools during emergency situations due to security risk.
- A plan in place regarding closures, delayed openings and early departures and notification of all concerned parties regarding these actions.

## **Indoor Air Quality (IAQ) Program**

- Develop and implement a comprehensive Indoor Air Quality Program for its facilities that meets all state mandates.
- In cooperation with the CT DPH, develop school-based Tools for Schools teams to assist in the identification and remediation of IAQ problems.

## **OSHA Compliance**

- Hazmat boxes for health suites and disposal processes will be in place for proper handling of medical wastes.
- A box of gloves for compliance with universal precautions will be made available in each classroom so that school staff may promptly and safely attend to incidents involving bodily fluids or other hazards in the classroom.

## **Mandatory Inspections**

- The District will develop a regular schedule of safety inspections for the following equipment and systems in all NHPS facilities: elevators, boilers, emergency lighting, public address systems, fire alarm systems, fire sprinklers, fire suppression systems, fire extinguishers, and fire drills.



# Staff Health Promotion

## **Support of District Wellness Committee**

To help support teachers as being role models for their students the District Wellness Committee will:

- Establish an onsite coordinator at each school
- Expand promotion of the program and events
- Provide supports when funding allows for schools offering the program

## Resource Section

The following lists by topic provide you with websites and links to community partners/organizations that have useful ideas and materials to support your efforts to implement these school policies/recommendations and promote healthy behaviors of students in school and at home. A description about each link/website is provided for easier navigation through these lists.

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**SITES WITH PRINTABLE FLYERS:**

1. Nutrition Detectives is a manual that provides example activities to implement in the classroom to help children understand nutrition labels, deceptive food marketing schemes and make nutritious choices
  - [www6.indep.k12.mo.us/programs-services/wellness/nutrition-detectives-2/](http://www6.indep.k12.mo.us/programs-services/wellness/nutrition-detectives-2/)
2. Making food choices for a healthy lifestyle can be as simple as using these 10 Tips
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
3. Below is a link of 10 quick and easy tips to help you eat more vegetables
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>
4. Focus on fruits. The site below promotes fruit and the health benefits it can provide
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>
5. Make half your grains whole. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, check this site out
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
6. Got your dairy today? Below are tips to help you eat and drink more fat-free or low-fat dairy foods
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
7. Fruits and vegetables do not have to be dreadful. Fire them up and make them exciting!
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LiveUpYourMeals.pdf>

**OTHER GREAT SITES:**

8. Guidelines for promoting health in schools
  - [http://www.iuhpe.org/uploaded/Publications/Books\\_Reports/HPS\\_GuidelinesII\\_2009\\_English.pdf](http://www.iuhpe.org/uploaded/Publications/Books_Reports/HPS_GuidelinesII_2009_English.pdf)
9. CT Nutrition Standards- The Connecticut State Department of Education are required to publish a set of nutrition standards for foods offered for sale to students separately from a reimbursable school lunch or breakfast
  - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>
10. CT Beverage Requirements
  - [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418)
11. The Eat Well Guide is an online directory for sustainable, local produce found in: local grocery stores, restaurants, family farms, etc.
  - <http://www.eatwellguide.org/i.php?pd=Home>
12. The link below offers the allowable beverage requirements that can be sold to students in Connecticut public schools
  - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>
13. Below is a list of Supporting Organizations for the Connecticut Nutrition Standards
  - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322434>
14. The site below tells you why it is important to be a healthy weight, factors that contribute to a healthy weight and energy balance
  - [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)
15. A meal menu calculator will help you select a meal and displays calories
  - <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

**SITES WITH PRINTABLE FLYERS:**

1. ABC for Fitness enables children to accumulate 30 minutes or more of physical activity every day. By combining creative teaching techniques with structured activity bursts, the program actually offers the opportunity to increase teaching time each day
  - [www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/](http://www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/)
2. Take 10 for fitness is an evidence-based program that integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms, positively impacting both teachers and students
  - <http://www.take10.net/programmain>

**OTHER GREAT SITES:**

3. Getting active in the classroom will help students improve their health, their focus and ultimately their academic performance. Below are some great ideas for children grades k-8 to be physically active during class
  - <http://www.teachhub.com/top-12-classroom-fitness-activities>
4. East Rock Park: Playground, trails, bicycling, and basketball courts; canoes and rowboats permitted
  - (203)946-6086
5. Edgewood Park: Playground, nature trails, tennis courts, skate park, pond, sports fields and basketball courts
  - (203)946-8028
6. Farmington Canal Heritage Greenway: former train tracks converted to a trail for biking, walking and roller blading
  - (203)562-6312
7. Lighthouse Point Park: New Haven's Public Beach; grass areas, playground, nature trails and volleyball league
  - (203)946-8790
8. Ralph Walker Ice Skating Rink: Reasonable admission and skate rental fees
  - (203)946-8007
9. West Rock Nature Center: Visitor center; brook, waterfall and gorge; woods and fields; trails
  - (203)946-8016
10. Public Gyms and Swimming Pools
  - Hill Regional Career High School, James Hillhouse High School, John S. Martinez School, Wilbur Cross High School
  - (203)946-8020



**SITES WITH PRINTABLE FLYERS:**

1. For school-specific after-school activities please contact the appropriate schools and ask to speak with the after school coordinator
  - <http://www.nhps.net/node/416>
2. Search for a variety of after-school activities by state, and browse additional links provided. Answers to frequently asked questions, tips for starting after-school programs and current related news are also provided
  - [www.afterschool.gov](http://www.afterschool.gov)
3. Activities and programs that your local YMCA offers as well as information on starting after-school programs. Site also includes information on after-school art programs, humanities, sports, international and teen leadership programs and discusses the benefits of after-school programs
  - [www.ymca.net](http://www.ymca.net)
4. After-school programs keep students safe and engaged, often until as late as 6 pm, when they can be returned to the care of their parents or guardians. Here is how to choose the appropriate after-school program for your child and a list of after school programs in the area
  - [http://www.yale.edu/hronline/worklife/2004\\_afterschool.pdf](http://www.yale.edu/hronline/worklife/2004_afterschool.pdf)
5. Take 10 for fitness is an evidence-based program that integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms, positively impacting both teachers and students
  - <http://www.take10.net/programmain>
6. ABC for fitness provides examples of activities to implement in the classroom to provide in-class exercise opportunities
  - [www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/](http://www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/)
7. The After-School Lessons Program is the heart and soul of Music Haven. The members of the HSQ teach lessons and group classes in violin, viola, and cello
  - <http://www.musichavenct.org/afterschool.html>
8. LEAP is an after school and summer program developed to achieve positive academic and social outcomes for children living in high poverty urban neighborhoods
  - [https://www.leapforkids.org/Content/Summer\\_Program.asp](https://www.leapforkids.org/Content/Summer_Program.asp)

**OTHER GREAT SITES:**

9. New Haven Department of Parks and Recreation- Below is a link for information about Recreation Programs with a direct contact and telephone number
  - <http://www.cityofnewhaven.com/Parks/recreation/index.asp>
  - Contact Felicia at (203) 946-8088
10. Provides information on government after-school initiatives through the Connecticut After-School Network
  - <http://www.cga.ct.gov/coc/>
11. This site provides guidance for parents on differentiating and selecting appropriate after-school programs for children
  - <http://www.kidsource.com/kidsource/content4/choose.after.school.html>
12. New Haven YMCA
  - <http://www.cccymca.org/locations/new-haven/membership/>
13. Physical Activity and Wellness Program (PAW) provides school infrastructure in the form of School Wellness Teams (SWT) and supports efforts that promote the awareness and practice of good health behaviors school-wide
  - <http://www.nhps.net/node/362>

## SITES WITH PRINTABLE FLYERS:

1. The link below share ideas for teachers and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs and elsewhere
  - [http://cspinet.org/new/pdf/school\\_snacks.pdf](http://cspinet.org/new/pdf/school_snacks.pdf)
2. The link below illustrates creative ways in making healthy food fun for kids
  - <http://pinterest.com/volunteerspot/healthy-snack-ideas-for-kids/>
  - <http://www.superhealthykids.com/healthy-kids-recipes/category/snacks.php>
3. Here are some quick and healthy snack ideas kids will enjoy—not only eating—but helping you make
  - <http://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/healthy-snacks-quick-tips-for-parents>
  - <http://www.nourishinteractive.com/healthy-living/free-nutrition-articles/146-snack-foods-list-food-groups>
  - <http://www.eatright.org/Public/content.aspx?id=6442452012#.UPnE7WfmIuc>  
*\*\*Click “25 healthy snacks for kids”*
4. Parent tips for healthy snacks; 100 calories or less
  - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/hundredcalories.pdf>
5. Tips on dealing with picky eaters. Click on this link and learn how to get children excited about healthy foods
  - <http://www.healthiergeneration.org/parents.aspx?id=1850>
6. Below are 10 tips on helping parents teach children how to build healthy meals
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
7. Whole grains are important sources of nutrients like zinc, magnesium, B vitamins, and fiber. Consider these tips to select whole-grain products and keep them fresh and safe to eat
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf>
8. Let’s eat for the health of it. Learn how to build a healthy plate, eat the right amount of calories, be active and use food labels to help you make better choices
  - <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>
9. Printable MyPlate Graphic Resource Materials: full plate, half plate, fruit group, vegetable group, grains group, dairy group etc.
  - <http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html>

**SITES WITH PRINTABLE FLYERS:**

1. Kids Health- Informative website providing information regarding the health of your child including: general health, infections, emotional and behavioral issues, growth and development, nutrition and fitness, recipes, medical programs and medical visits
  - [www.kidshealth.org](http://www.kidshealth.org)
2. Cooking Matters empowers families with the skills, knowledge, and confidence to prepare healthy and affordable meals
  - <http://cookingmatters.org/>
3. Emergency Food Council of Greater New Haven- Coordinates distribution of emergency food to those in need in the greater New Haven area
  - [www.emergencyfoodcouncil.com](http://www.emergencyfoodcouncil.com)  
(203)469-5000
4. CT Department of Social Services (food stamps/WIC)
  - [www.ct.gov/dss](http://www.ct.gov/dss)  
(203)974-8000
5. Meal planning is a time saver for even the busiest people, meaning healthier eating with fewer trips to the drive thru and more meals at home. So, taking some time to learn how to plan meals will save you time -- and help you eat better -- in the long run
  - <http://www.mealsmatter.org/Articles-And-Resources/Meal-Planning-Articles/How-to-plan-meals.aspx>
6. Everyone including kids, should reduce their sodium intake to less than 2,300 milligrams a day. Below are quick tips to help you and your children cut back on salt and sodium
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>
7. Parent University - Offering seminars for parents and other health and nutrition education at parent workshops, PTO meetings and other parent-focused events where parents can share their healthy food practices and physical activity ideas with others
  - <https://www.facebook.com/ParentUniversityNewHaven>
8. Below is a link for parents to learn how to build healthy meals
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
9. 10 tips on appropriate protein ratios for parents and children
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf>
10. Try something different, have a meat free day. Below is a link for healthy eating tips for vegetarians. Try a meat supplement, you and your children may enjoy it
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>
11. Here are some quick tips on shopping for fruits and vegetables smart and affordably
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
12. Get the most for your food budget! The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
13. SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf>

14. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. Don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>
15. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices
  - <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf>
16. A critical part of healthy eating is keeping foods safe. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely
  - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe.pdf>
  - <http://www.nfsmi.org/documentlibraryfiles/PDF/20080212011404.pdf>

**OTHER GREAT SITES:**

17. Encouraging parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the recognized nutrition standards
  - <http://www.carpentercharter.org/ptadocs/lunch%20and%20snack%20ideas.pdf>
18. SNAP – outreach, screenings, and enrollment to reach underserved households in New Haven. The goal is to increase access to nutritious foods for families in New Haven, thereby reducing hunger and improve nutritional status
  - **SNAP Outreach Contact: Sharon Taylor (203)737-5832**
19. WIC – Farmers' Market Nutrition Program- Senior WIC coupons are available through New Haven- area senior centers; WIC coupons are available through New Haven WIC offices
20. You are the most important influence on your child, so be a healthy role model. Below are 10 tips on setting good examples
  - <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
21. Child Care Aware is a national initiative committed to helping parents find the best information on locating quality child care and child care resources in their community
  - [www.childcareaware.org](http://www.childcareaware.org)

## Selected Flyers & Handouts for Copying

The following flyers were selected to assist you in promoting your school wellness policies to staff, students and parents.

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# 10 tips

Nutrition  
Education Series

## focus on fruits

### 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

#### 1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



#### 2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



#### 3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

#### 4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



#### 5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

#### 6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



#### 7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

#### 8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

#### 9 snack on fruits

Dried fruits make great snacks.

They are easy to carry and store well.



#### 10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



# smart shopping for veggies and fruits



## 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

### 1 celebrate the season

Use fresh vegetables and fruits that are in season.

They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



# with protein foods, variety is key



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

### 10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.