



Healthy Kids LEARN Better

A GUIDE TO THE STUDENT WELLNESS POLICY
"Student Success: Making it Happen"



Healthy Kids = Great Students

Printing of this Guide to the TTUSD Wellness Policy was generously provided by the

Tahoe Truckee Excellence in Education Foundation



Healthy Kids = Great Students

That's why Excellence in Education supports the Tahoe Truckee Unified School District's Wellness Policy.












Excellence in Education views a guide to the Student Wellness Policy as brain food for students, teachers and parents. It is a collection of healthy information related to nutrition, fitness and food for everyday school and life. We know that healthy kids perform well academically and that is something we are working hard to support.

Excellence in Education has served the District for over 20 years with grants and recognition programs. One of the Foundation's goals is to keep pace with change and place our grant money in projects that positively impact students in our district. The Foundation takes pride in partnering with the Nutrition Coalition and the Tahoe Truckee Unified School District to provide this important Guide to the Student Wellness Policy to the students and families of the District.





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Why we have a TTUSD Student Wellness Policy

Healthy Kids LEARN Better

Policy:

The Governing Board of the Tahoe Truckee Unified School District (TTUSD) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. It is the goal of the TTUSD to build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

“The Tahoe Unified School District recognizes the importance of teaching all of our children to lead a balanced, healthy lifestyle. We strive to empower everyone in our (District family) to make smart choices through lifelong healthy nutrition and exercise habits.”

Rose Wolterbeek, M.A. Wellness Policy Program Coordinator



Rationale:

The TTUSD wants to provide the best possible learning environment for children, and to do this we need to provide an environment that supports healthy behaviors. Parents, schools and students all play an important role in optimizing student success and reinforcing healthy lifestyle habits.



“Improved nutritional status has a positive and direct impact on academic performance. When children's basic nutritional and fitness needs are met, they have the cognitive energy to learn and achieve.”

J.F. Bogden, Fit Healthy and Ready to Learn: a School Health Policy Guide

Implementation:

Parents can be involved in implementing the Wellness Policy at their school by contacting the Principal or their school Site Council. School sites need your help to accomplish these goals.

The Superintendent or designee may appoint a school health council or committee. The council or committee may include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

This council or committee will assist with policy development and advise the District on health related issues, activities, policies and programs, including planning and implementation of activities to promote health within the school or community.

The Superintendent or designee shall report to the Board at least every two years on the implementation of the Wellness Policy and any other Board policies related to nutrition and physical activity.

Nutrition Education and Physical Activity Goals

Policy:

The TTUSD's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Students:

- Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before-and-after-school programs.
- All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and-after-school programs, and other structured and unstructured activities.

School Staff:

- All staff will be encouraged to serve as positive role models. The District shall promote and may provide opportunities for regular physical activity among employees.
- Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Family:

In an effort to encourage consistent health messages between the home and school environment, TTUSD may disseminate health information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the district web site, and other communications.

Environment:

The TTUSD Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Rationale:

Regular physical activity and nutritious foods improve physical well-being for students. These healthy behaviors also help improve concentration, reduce disruptive behavior and lead to overall academic achievement.



“Schools that offer intense physical activity programs see positive effects on academic achievement including increased concentration; improved mathematics, reading and writing test scores; and reduced disruptive behavior.”

**-Healthy Food Policy Resource Guide,
California Project Lean**

Nutrition Guidelines for Foods Available at School

Policy:

The Board shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

The TTUSD Board believes that food and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the District for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards for fat, saturated fat, sugar, and total calories.

California SB12 Food Standards:

Only full meals and individual portions of nuts, nut butters, seeds, eggs, cheese, fruit, and non-fried vegetables and legumes may be sold to elementary school students. Dairy and whole grain items may be sold if they meet the following standards:

Total calories:	Snacks not more than 175 calories at elementary schools and not more than 250 calories at middle and high schools
Total fat:	Less than or equal to 35%
Saturated fat:	Less than 10% of calories
Sugar:	Not more than 35% by weight
A-la-carte entrees:	Not more than 400 calories (<i>for middle and high school</i>)

California SB 965 Standards

The following beverages may be sold to students:

Elementary and Middle Schools

- Fruit and vegetable-based drinks with no less than 50% fruit and/or vegetable juice and no added sweetener.
- Drinking water with no added sweetener.
- 2%, 1%, and non-fat milk, soy milk, rice milk and other similar nondairy milk.

Middle Schools

- Electrolyte replacement beverage that contains no more than 42gms added sweetener per 20-ounce serving.

High Schools

- As of July 1, 2007, no less than 50% of all beverages sold shall meet the above criteria.
- Commencing July 1, 2009 – all beverages must meet the above criteria.



Nutrition Guidelines for Foods Available at School



“Inadequate nutrition during childhood can have lasting effects and compromise cognitive development and school performance.”

**-Healthy Food Policy Resource Guide,
California Project Lean**

TTUSD will strive to adopt the best and most current nutrition standards for our children and implement model wellness strategies. As new research and nutrition information becomes available we will modify our standards for fat, saturated fat, sugar and total calories to promote optimal health.

Rationale:

Obesity rates have doubled in children and tripled in adolescents over the last two decades (National Center for Health Statistics). Both physical inactivity and excessive caloric intake are associated with obesity.

Access to healthy foods and beverages during school hours is important for student academic success and long-term health and well-being.

Implementation:

- Foods available to students through vending machines and school stores must adhere to the nutrition standards and timelines adopted by the District.
- Foods that do not meet the nutrition standards can not be sold at school from one hour before instruction begins until one hour after instruction ends.

Rewarding Academic Performance

Policy:

The Superintendent or designee encourages school staff to avoid the use of non-nutritious foods as a reward for student's academic performance, accomplishments, or classroom behavior.

Rationale:

Providing food for performance or behavior connects food to mood. This encourages children to eat when they are not hungry and can instill lifetime habits of rewarding or comforting with food. These behaviors are associated with unhealthy eating and obesity because they reinforce eating outside of meal or snack time.

Implementation:

School staff are encouraged to use non-food rewards to reward children and encourage positive behavior. Teachers and administrators are urged to act as positive role models and reward students in ways that promote health.

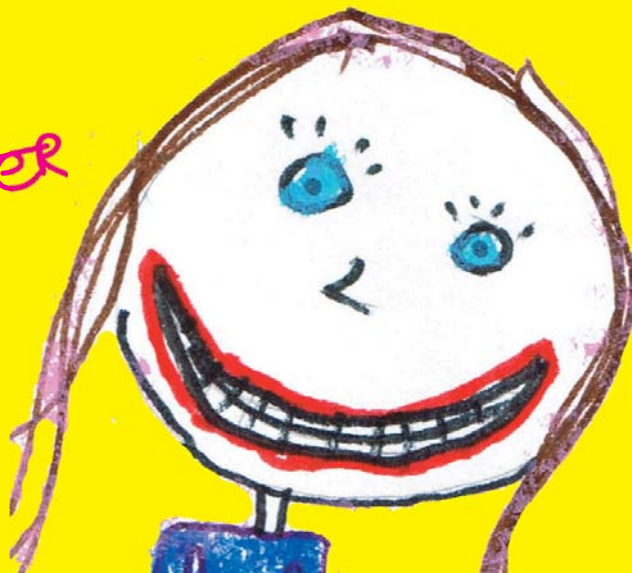
The rewards can be simple social rewards which involve attention and praise or recognition rewards that publicly commend a student's achievement.

Parent groups, Parent Teacher Organization, VIPS, and volunteers are also urged to act as positive role models and avoid the use of food as a reward for students.

“The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward.”

**-Constructive Classroom Rewards,
Center for Science in Public Interest**

Healthy Kids Learn Better



Non-Food Reward Ideas:

Elementary School Students

- Make deliveries to office
- Sit by friends
- Eat lunch with teacher or principal
- Eat lunch outdoors with the class
- Private lunch in classroom with a friend
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers
- Bookmarks
- Certificates
- Extra recess
- Walk with the principal or teacher
- Fun physical activity break
- Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)
- Paperback book
- Show-and-tell
- Teacher or volunteer reads special book to class
- Teacher performs special skill (singing, cart wheel, guitar playing, etc.)
- Read outdoors or enjoy class outdoors
- Have extra art time
- Have “free choice” time at end of the day or end of class period
- Listen with headset to a book on audiotape
- Access to items that can only be used on special occasions (special art supplies, computer games, toys)
- Taking care of the class animal for the day
- Reading to a younger class
- “No homework” pass
- A note from the teacher commending the student for their achievement

Middle School Students

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or “no homework” pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Computer time
- Assemblies
- Field trips
- Eat lunch outside or have class outside

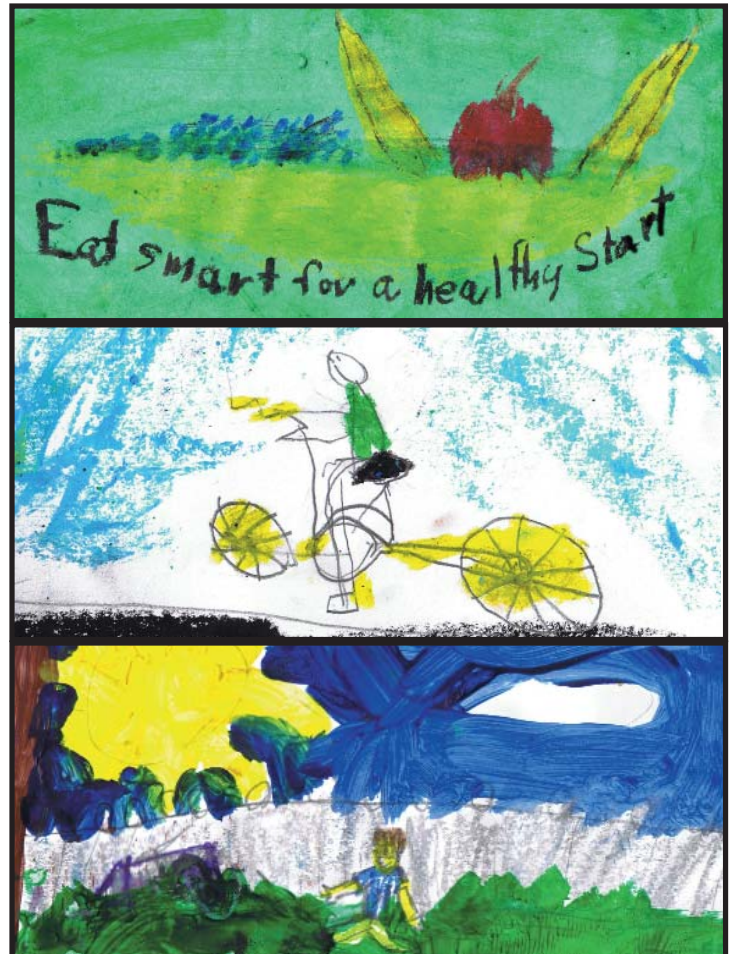
High School Students

- Extra credit
- Fun video
- Reduced homework
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes among students who meet certain grade standards

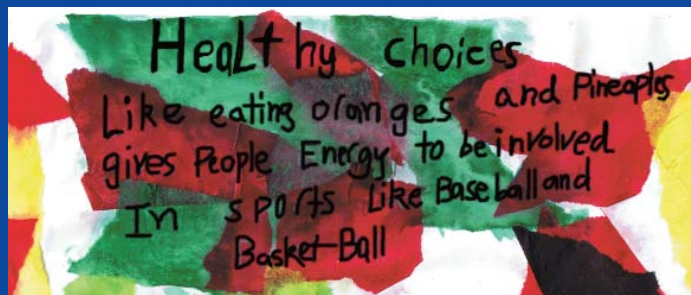
Rewards for the entire class

- Extra recess
- Eating lunch in a special place
- Going to lunchroom first
- Holding class outdoors
- Extra art, PE or reading time
- Listening to music while working
- A field trip
- “Free choice” time at the end of the day

*(Examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition--a partnership between the Michigan Dept. of Education and Michigan State University Extension.)



Class Parties and Celebrations



Celebrations provide an opportunity for parents, students, and schools to work together to promote healthy lifestyle habits.

Policy:

School staff shall encourage parents/guardians or other volunteers to support the TTUSD's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party.

Class parties or celebrations shall be held after the lunch period when possible.

Rationale:

Celebrations provide an opportunity for parents, students, and schools to work together to promote healthy lifestyle habits. Healthy school celebrations are a key component of the wellness policy because they:

- **Provide a consistent health message and support the classroom lessons on health instead of contradicting them.**
- **Promote a healthy school environment by focusing on the person or event being celebrated, instead of focusing on food. Healthy school celebrations demonstrate the importance of balance and moderation in healthy eating.**
- **Create excitement about nutrition by presenting healthy foods in fun and engaging ways.**

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

– modified from :
Edward Stanley (1826-1893)
from The Conduct of Life –



Celebration Ideas:

Implementation:

Teachers and parents can use suggestions included in this guide to promote healthy celebrations.

Themes

General Ideas:

- Focus on the holiday, person, or event rather than the food.
- Plan creative experiences such as art, music, or simple food preparation.
- Plan party games and activities. Ask parents to provide game supplies instead of food.
- Involve students in planning and preparing by making decorations and favors.
- Avoid using food as rewards or prizes.

Birthday Parties

- Honor the child with a special button, badge, or crown.
- Allow the child to be “first” at something that day.
- Instead of food, ask the parents to donate a book for the classroom or school library in the birthday child’s name. Have the parents read it to the class.
- Sing “Happy Birthday!”

Food Ideas: * See recipes on pages 12 and 13

- Air-popped popcorn
 - Pretzels
 - Crackers and peanut butter†
 - Baked chips and salsa
 - Cut up fruit with yogurt dip
 - Cut up veggies with yogurt/ranch dip
 - Low fat breakfast or granola bars
 - Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
 - Nuts and seeds†
 - 1% milk
 - 100% fruit juice
 - Water
-
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
 - Ham, cheese or turkey sandwiches or wraps (with low-fat condiments)
 - Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
 - Quesadillas or bean burrito with salsa

For more ideas visit www.gameskidsplay.net for an extensive list of games for kids.

The content on this page is courtesy of Washoe County School District.

†Check for food allergies before serving.



Celebration Ideas:

Themes

Halloween

- There's more to Halloween than just candy.
- Explore the history and legends behind Halloween.
- Make homemade masks.

Thanksgiving

- Give thanks for what we have and for the people we have in our lives. Write a letter expressing our gratitude to someone special.
- Explore gratitude through poetry, art, or writing.

Christmas, Hanukkah, Kwanzaa

- Community outreach is a natural activity at this time of year. Use money that would be spent on food for a worthy community cause.
- Decorate pillowcases for a homeless shelter.
- Make holiday cards for a nursing home.
- Collect animal treats for the animal shelter.

Valentine's Day

- Ask each student to write a positive attribute of each classmate and pass them out for valentines.
- Explore ways that love manifests through poetry, art, or writing.

Easter/Spring

- Explore themes of renewal, nature's cycles, and new growth through reading, art, writing.
- Plant bulbs in the school yard in the Fall so they can be experienced in the Spring.
- Fill baskets with books and school supplies.

Food Ideas:

* See recipes on pages 12 and 13

- Roasted pumpkin seeds
- Pumpkin bread muffins*
- Witch's Brew*
- Abracadabra Wands*

- Nuts† and dried fruit trail mix
- Corn bread

- Popcorn mixed with dried cranberries
- Cereal holiday trees*

- Angel food cake topped with fresh strawberry slices and whipped cream
- Fresh fudgy fruit*
- Cherry tomato fillers*

- Sparkling grapes*
- Fruit salad with yogurt
- Celery wagons*

The content on this page is courtesy of Washoe County School District.

†Check for food allergies before serving.

Recipes

(all recipes serve 32 students)

ABRACADABRA WANDS

(SERVING SIZE: 2 STICKS)

Ingredients:

- 10 red apples, cut into 64 chunks
- 5 cups red grapes
- 8 oz. nonfat or low-fat cheddar cheese, cut 64 chunks
- 2 avocados, cut into 64 chunks
- 64 long, thin pretzel (or wooden) sticks (about 3 in long)

Preparation (20 minutes):

1. Use a wooden skewer to poke holes in center of each chunk.
2. Thread pieces onto pretzel stick.
3. Serve leftover pieces of fruit.

WITCH'S BREW

Ingredients:

- 1 gallon cranberry juice
- 1 gallon apple cider
- 12 oz. frozen orange juice, unprepared

Preparation (5 minutes):

1. Mix all ingredients together in large pitcher.

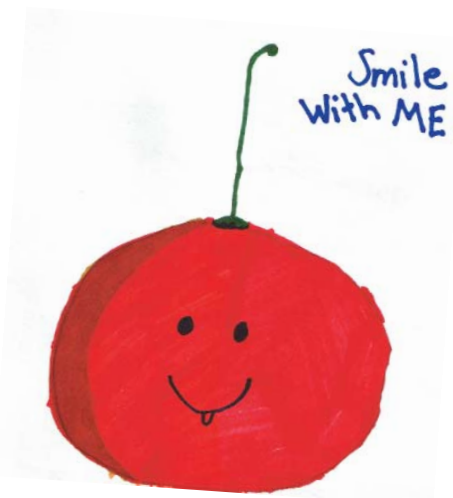
CEREAL HOLIDAY TREES

Ingredients:

- 16 cups Oat "O" type cereal
- 12 cups mini marshmallows
- 8 tablespoons butter
- 2 teaspoons green food coloring
- 2 teaspoons vanilla

Preparation (10 minutes):

1. Prior to class, melt butter and marshmallows in saucepan and add food coloring.
2. Add cereal.
3. Have students mold mixture into a triangle tree shape.



CHERRY TOMATO FILLERS

(SERVING SIZE: 2 TOMATOES)

Ingredients:

- 64 (large) cherry tomatoes
- 1-½ cups low-fat cottage cheese
- 1 cup sunflower seeds

Preparation (15 minutes):

1. Cut tops and scoop seeds and the pulp out of each tomato.
2. Fill with 1 teaspoon of cottage cheese.
3. Top with sunflower seeds.

FRESH FUDGY FRUIT

(SERVING SIZE: ½ BANANA & 1 STRAWBERRY)

Ingredients:

- 16 bananas, peeled, cut in half
- 32 strawberries, tops removed
- 3 cups light hot fudge at room temp

Preparation (15 minutes):

1. Insert wooden stick into the cut end of each fruit.
2. Place granola into plastic bag and use a spoon to crush the granola, and place in shallow bowl.
3. Pour fudge into shallow bowl.
4. Place fruit in fudge and spread the sauce around.
5. Place fruit on top of the granola. Turn to coat lightly.

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†Check for food allergies before serving.

Recipes

(all recipes serve 32 students)

SPARKLING GRAPES

(SERVING SIZE: 2 GLITTERY GRAPE CLUSTERS)

Ingredients:

- 3-3 oz. packages of gelatin
- 64 small clusters grapes

Preparation (15 minutes):

1. Pour gelatin powder into measuring cup. Pour half of the powder into a bowl and place the other half on the side.
2. Add boiling water to the bowl of gelatin. Stir until powder is dissolved. Add ice cubes and stir until ice melts.
3. Dip grape clusters in liquid gelatin mixture and shake off excess.
4. Sprinkle extra powder over grapes and serve.

CELERY WAGONS

Ingredients:

- 2 stalks celery, cut into 3 inch pieces
- 4 large carrots, sliced

Preparation (15 minutes):

1. Cut veggies ahead of time.
2. Students put a carrot piece at each end of two toothpicks.
3. Place a celery stick on top of the toothpicks.
4. Fill with 1 tablespoon of low-fat dip.

MINI BANANA SPLITS

Ingredients:

- 16 cups yogurt
- 16 Tablespoons granola
- 16 small bananas, peeled
- 8 cups fresh berries

Preparation:

1. Cut banana in half, share between 2 students.
2. Scoop a ½ of cup of yogurt onto banana.
3. Top with berries and granola.

HOORAY FOR THE RED, WHITE, AND BLUE!

Ingredients:

- 5 baskets of strawberries (about 64 strawberries)
- 4 containers of blueberries
- 1-12 oz. container of low-fat whipped topping

Preparation (10 minutes):

1. Wash fruit. Remove tops from the strawberries.
2. In small cup, place 2 strawberries, a dollop of whipped topping and sprinkle with about 5 blueberries.

PUMPKIN MUFFINS

Preheat oven to 400° F.

Sift together:

- 1-¾ cups whole wheat flour (or half whole wheat, half white)
- ¾ teaspoon salt
- ½ cup sugar
- 2 teaspoons baking powder
- 2 teaspoons pumpkin pie spice

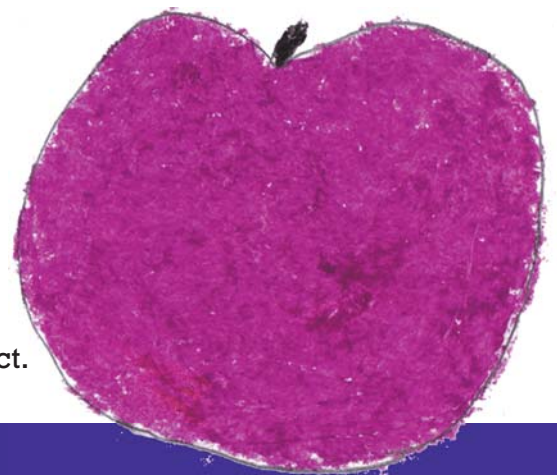
Beat in separate bowl:

2 eggs

Add to eggs:

- 2 tablespoons vegetable oil
- ¾ cup low-fat milk
- 1 cup canned pumpkin

Combine the wet and dry ingredients with a few swift strokes (don't over mix!). Fill muffin cups and bake for 20-25 minutes. Makes 12.



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Healthy Kids
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Fundraising

Policy:

The Superintendent or designee encourages school organizations to use healthy food items or non-food items for fundraising purposes.

Rationale:

Fundraising activities should support the school's commitment to promoting healthy behaviors among students, families, and the community at large. Selling less nutritious foods contradicts the health messages promoted in the TTUSD Wellness Policy.

Implementation:

Below is a list of school fundraising strategies that meet both financial and student health needs.

Fundraising Ideas that are unique:

• Ornaments • Flowers/plants/bulbs • Pens, pencils, erasers • Stadium chairs/blankets

Fundraising Ideas that support academics:

Read-a-thon • Used Book Fair • Spelling Bee • Game Nights

Fundraising Ideas that promote artistic creativity:

Aprons • Cookbooks • Note cards/Stationery • Mugs • Logo-wear

Fundraising Ideas that promote physical activity:

Walk-a-thon • Jump-Rope-a-thon • Fun Run • Car washes • Golf Tournaments

Fundraising Ideas that enhance family participation:

Carnivals/Festivals • Bingo night • Rummage/garage sale • Craft sales • Live or silent auctions

The Link Between Home & School

In order for the TTUSD to successfully implement the Wellness Policy, it is important to have a consistent link between home and school. All parents and guardians are encouraged to act in alignment with the nutrition guidelines the District has implemented. Following these guidelines reinforces the nutrition lessons taught at school and promotes healthy habits to last a lifetime.

Breakfast – still the most important meal:

Fuel up in the morning! Remember to fill up your kids “gas tank” before school. All children need breakfast in order to meet their nutritional needs and enhance their ability to learn.

Did you know?

- Eating breakfast promotes proper growth and maximizes school performance.
- Eating breakfast each morning before school will decrease tiredness & irritability and increase concentration, problem solving skills and muscle coordination!

Breakfast ideas include: oatmeal • whole grain cereal • frozen whole grain waffles • fruit and yogurt • breakfast burritos • fruit smoothies

Snacks:

Including complex carbohydrates with protein at morning snack time helps insure stable energy levels until lunch and prepares your child for academic success.

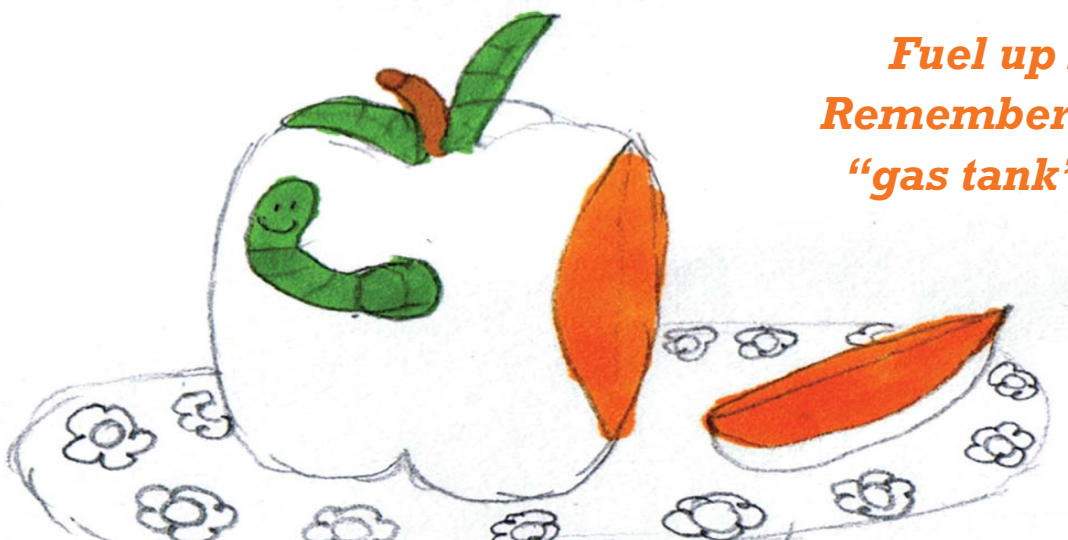
Snack ideas include: fresh fruit and vegetables (i.e. baby carrots) with nuts or low-fat string cheese • low-fat yogurt • trail mix (without candies) • dried fruit and nuts • low fat breakfast bars (no hydrogenated oils) • small sized bagels or whole wheat crackers with peanut butter†

Lunch:

Healthy ideas when packing lunch: Peanut butter† and fruit sandwich • Wraps or tortilla roll ups
Pita sandwiches • Pizza • Baked chips or pretzels • Fresh fruit • Veggies with dip

Items to avoid sending to school:

Sodas • Chips • Candy • Fried foods • Cookies • Doughnuts
†Check for food allergies before serving.



**Fuel up in the morning!
Remember to fill up your kids
“gas tank” before school.**

Resource List

Questions regarding this Guide to the Wellness Policy?

Please contact Rose Wolterbeek, MA, Director of Food Service and Wellness Policy Program Coordinator at (530) 582-2500

The following web sites and publications are provided as a resource for additional information.

Web Sites

Action for Healthy Kids

www.actionforhealthykids.org

California Project LEAN

(Leaders Encouraging Activity and Nutrition)

www.CaliforniaProjectLEAN.org

USDA My Pyramid

www.mypyramid.gov

California Department of Health Services,
School Health Connections

www.dhs.ca.gov/schoolhealth

California Healthy Kids Resource Center

www.californiahealthykids.org

Dairy Council of California

www.dairycouncilofca.org

National Alliance for Nutrition and Activity:

www.cspinet.org/nutritionpolicy

Center for Science in the Public Interest

www.cspinet.org

School Nutrition Association

www.schoolnutrition.org

Health Science Education Activities
for Educators and Students

www.learntobehealthy.org

USDA's Food and Nutrition Center

www.fnic.nal.usda.gov/nal

For an extensive list of games for kids

www.gameskidsplay.net

Publications

California Project LEAN Publication

"Healthy Food Policy Resource Guide" 2003

Center for Disease Control Publication

"School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools" 2000

USDA Publication

"Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A guide to Local Action" 2000





**This Guide to the Student Wellness Policy
was brought to you by:**



***Special thanks to Tahoe Lake Elementary Students
for supplying artwork for this guide.***