

 **Preamble**

The Hancock County School District recognizes that:

* Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
* Good health fosters student attendance and education.
* 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.
* 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.

* Poor diet and unhealthy portion sizes has a negative influence on motivation and

 attentiveness of children.

* Physical activity along with good nutrition is one of the most important ways students

 can become holistically healthy. (Physical, Mental and Emotional)

* Community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Hancock County School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Hancock County School District that:

* The school district will engage students, parents, teachers, school nutrition

 professionals, health professionals, and other interested community member’s in

 developing, implementing, monitoring, and reviewing district-wide nutrition and

 physical activity policies.

* + Opportunities for nutrition education will be provided and promoted.
* Opportunities for physical activity will be supported and encouraged as a daily component of the school day in meeting the 90-minute Physical Activity Law.
* Foods and beverages sold or served at school will meet the recommendations of the *U.S. Dietary Guidelines for Americans* and the Nutritional Standards set forth by the Tennessee State Board of Education. (Implement the new Law 708-Vending)
* Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
	+ All schools in our district will participate in the available federal school meal programs

 including the School Breakfast Program and National School Lunch Program, After School

 Programs and Summer Feeding Program and such programs will comply with federal, state,

 and local requirements.

TO ACHIEVE THESE POLICY GOALS:

The school district and/or individual schools within the district will establish a team consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. This team will work to develop, implement, monitor, review, and, revise school wellness policies and will serve as a resource to school sites for implementing those policies.

These policies will address four components:

1. School Health, Safety Policies and Environment
2. Health Education
3. Physical Activity
4. Nutrition Services

COMPONENT 1-SCHOOL HEALTH AND SAFETY POLICIES

* A Healthy Schools Team will be established, compiled of school personnel,

 parents, students, health officials, and law enforcement (School Resource Officer).

* + The Healthy Schools Team will write and implement a school safety policy and

 a wellness policy.

* + Professional staff development on preventing at-risk behavior including but not

 limited to unintentional injury, violence, drug abuse and suicide will be

 implemented.

* + Enforce the state law and HCBOE policy of tobacco use by school personnel. The

 School Based Health Clinics will provide information on cessation programs and

 offer incentives for users to quit.

Tobacco-Free Schools:

The use of tobacco products, including smokeless tobacco, electronic/battery-operated devices such as vapor products and e-cigarettes, and tobacco-related paraphernalia by any persons including students, district employees, guests, and contractors is prohibited on all school grounds at all times.

All uses of tobacco products, including smokeless tobacco, electronic/battery operated devices such as vapor products and e-cigarettes, and all other associated paraphernalia are prohibited in all of the school district's buildings and in all vehicles that are owned, leased, or operated by the district.

Smoking and vaping shall be prohibited in any public seating areas including, but not limited to, bleachers used for sporting events or public restrooms.

Employees and students in the school district will not be permitted to use these products while they are participants in any class or activity in which they represent the school district.

Signs will be posted throughout the district's facilities to notify students, employees, and all other persons visiting the school that the use of these products is forbidden. The following notice shall be prominently posted (including at each ticket booth) for elementary or secondary school sporting events: *Smoking is prohibited by law in seating areas and in restrooms.*

The school principal or SRO shall be responsible for administering appropriate disciplinary actions for possessing the aforementioned products according to a progressive discipline schedule. Disciplinary procedures should start with less punitive consequences and become increasingly punitive with each violation. Each step of the discipline schedule should include referral to cessation resources or programs such as the Tennessee Tobacco QuitLine or the American Lung Association’s INDEPTH program. The administration will consult with the county health department and other appropriate health organizations to provide students with information and referral to support systems, programs, and services to encourage them to abstain from the use of the aforementioned products.

Legal References Cross References

1. 20 USCA § 6083; TCA 39-17-1604(6); TCA 39-17-1503(9), (10) Community Use of School Facilities 3.206

2. TCA 39-17-1604(10)

3. TCA 39-17-1605

COMPONENT 2 – HEALTH EDUCATION

* Students in grades preK-12 are offered health education that is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. The Michigan Model Curriculum will be used to provide health education within the classroom.
* Nutrition education will be included in conjunction with school field trips that are enjoyable, developmentally appropriate and culturally-relevant. Other nutritional activities will include contests, promotions, taste-testing, farm visits and school gardens.
* Consistent nutrition messages will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, and low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.
* Schools will provide community outreach through the use of the district’s CSH and school website, parent menus and flyers, articles in district and school newsletters, local newspapers, and other available media.
* Staff who provide nutrition education will have appropriate training and professional development in-service at least once a year.
* The school district will provide opportunities for on going professional training and development for foodservice staff and teachers in the area of nutrition if funds are available.
* The school district will provide professional in service training for classroom management techniques in conflict resolution such as bullying.

COMPONENT 3 – PHYSICAL ACTIVITIES

* Daily Physical Education:

* The Hancock County School System will work towards requiring students to receive daily physical education. All physical education will be taught by a certified physical education teacher. Professional training and development for teachers in the area of PE will be provided by the school district.
* Daily Recess:
* All elementary school students will have adequate supervised recess, preferably

 outdoors, during which schools should encourage moderate to vigorous physical activity

 verbally and through the provision of space and equipment.

* The elementary school HST/CSH will improve the maintenance of playground and

 equipment.

 Integrating Physical Activity into the Classroom Setting:

* 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.

* Opportunities for physical activity will be incorporated into other academic areas.
* Classroom teachers will provide short physical activity breaks between lessons or

 classes, as appropriate.

 Physical Activity Opportunities Before and After School:

* All elementary, middle, and high schools will offer extracurricular physical activity programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the need, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
* After-school child care and enrichment programs will provide and encourage – verbally
* and through the provision of space, equipment, and activities – daily periods of moderate

 to vigorous physical activity for all participants.

* Schools encourage parents and guardians to support their children’s participation in

 physical activity, to be physically active role models, and to include physical activity in

 family events.

COMPONENT 4 – NUTRITION SERVICES

* School Meals:

 Meals served through the National School Lunch and Breakfast Programs will:

* be appealing and attractive to children;
* be served in clean and pleasant settings;
* meet, at a minimum, nutrition requirement established by local, state, and federal

 regulations;

* offer a variety of fresh fruits and vegetables daily;
* serve a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily

 basis;

* offer whole grain foods in all programs at all grade levels to meet grain/bread requirements.
* reduce fat by baking, steaming and broiling when applicable
* reduce sodium intake
* Schools should engage students and parents, through taste-tests of new entrees and

 surveys, in selecting foods sold through the school meal programs in order to identify

 acceptable new, healthful, and appealing food choices. In addition, schools should share

 information about the nutritional content of meals with parents, and students. Such

 information can be made available on menus, school website, on cafeteria menu boards

 or other point-of-purchase materials.

* 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:
* Schools will operate the School Breakfast Program.
* Schools will, to the extent possible, arrange bus schedules and utilize methods to serve

 school breakfasts that encourage participation, including serving breakfast in the

 classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.

* Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
* The school nutrition program will sponsor the Summer Feeding Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation. This will coincide with summer programs.
* The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.

Commitment to Nutrition

* A. Nutrition Standards Goals for foods and beverages sold on campus:
* Hancock County Schools is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while providing options within menu offerings for cultural food preferences and accommodating special dietary needs.

 Menus are written to meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. Hancock County Schools offers reimbursable school meals that meet USDA nutrition standards.

The Smart Snacks in Schools nutrition standards are developed for foods and beverages sold or offered for sale during the school day in schools that include students in grades pre-kindergarten through 12. The school day will be defined as starting at midnight before the beginning of the official school day and continuing until 30 minutes after the end of the official school day.

These standards apply to food items sold or offered for sale during the school day including but not limited to school store items, a la carte items, vending machine items, and snack bar items. The Smart Snacks in Schools nutrition standards do not apply to foods served as a federally reimbursable meal to students.

Schools may choose to conduct infrequent school-sponsored fundraisers that include the sale of foods or beverages that do not meet the Smart Snacks in Schools nutrition standards; however, these specially exempted fundraisers must not exceed the allowed numbers of exemptions granted by the state agency. All school principals must document the dates of their exempt fundraisers and items sold.

* B. Foods and Beverages Provided but Not Sold to Students:
* School Nutrition and Coordinated School Health will encourage snacks offered as part of classroom celebrations, parties, and student birthdays to follow Smart Snacks in Schools nutrition standards and include fresh fruits and vegetables, whole grains, waters, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine. School principals should consult with school cafeteria managers on any questions pertaining to the Smart Snacks in Schools nutrition standards.
* C. Nutrition Education Goals
* Hancock County Schools shall ensure the following: (1) Tennessee State Nutrition Standards are included in middle school health and high school wellness instruction. Nutrition education will be integrated into all areas of curriculum such as math, science, language arts, and social studies as appropriate, (2) Students will have an awareness to eat a variety of foods (i.e. fruits, grains, vegetables, lower fat food items) and by physically active, (3) Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community and (4) Schools will provide information to families that promote the benefits of proper nutrition and how to provide nutritious meals for their families.
* D. Nutrition and Student Wellness Promotion Goals
* In-school marketing for food and beverage items must only be for items meeting Smart Snacks in Schools nutrition standards. Activities for promoting nutrition will also include:

1. Taste test opportunities for students;

2. Student survey groups;

3. Posting nutrition and health posters in school cafeterias;

4. Access to fresh drinking water throughout the school day; and

5. Adequate time to enjoy healthy meals in a pleasant environment.

* Cafeteria Atmosphere:
* School dining areas have sufficient space for students to sit and consume meals.
* School dining areas are clean, safe, and pleasant environments that reflect the value of

 the social aspects of eating.

* Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
* Meal times are scheduled near the middle of the day.
* Students are given adequate time to enjoy eating healthy meals with friends.
* The school district encourages all students to participate in the school meals programs and protect the identity of students who eat free and reduced-price meals.
* Time is allowed and facilities are conveniently available for students to wash their hands before and after meals.

 Meal Times and Scheduling:

Schools:

* will ensure an adequate time (at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch) for students to enjoy eating healthy foods with friends in school;
* will schedule lunch time as near the middle of the day as possible;
* should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and,
* will schedule lunch periods to follow recess periods in elementary schools so that children will come to lunch less distracted and ready to eat.
* Fundraising Activities:

 To support children’s health and school nutrition-education efforts, school fundraising activities will not offer items that is not Smart Snack compliant. If non-compliant items are being used, they will fall under the 20 exemption days per semester that each school is allowed.

* Schools will encourage fundraising activities that promote physical activity.
* The school district will make available a list of ideas for acceptable fundraising activities.
* Snacks:

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables through the Fresh Fruit and Vegetable Program as the primary snacks and water as the primary beverage.

* Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.
* The district 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.
* Reward and/or Punishment:

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

* Schools will not deny student participation in recess or other physical activities as a form

 of discipline or for classroom make-up time.

* Schools will not use physical activity as a punishment.
* Celebrations:

 Schools will limit celebrations that involve food during the school day to no more that one

 party per class per month.

* Each party should include food or beverages that are Smart Snack compliant.
* Water Access:
* To promote hydration and provide free drinking water to all students throughout the school day and throughout every school campus, the school district will make drinking water available where school meals are served during mealtimes.
* All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.
* Students will be allowed to bring and carry (approved) water bottles (containing only water) with them throughout the day.

* Communications with Parents:

The district/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children by:

* offering healthy eating seminars for parents;
* sending home nutrition information
* providing nutrient analyses of school menus;
* providing parents with a list of foods that meet the district’s snack standards

 and ideas for healthy celebrations/parties, rewards and fundraising activities;

* + providing opportunities for parents to share their healthy food practices with

 other in the school community;

* providing information about physical education and other school-based

 physical activity opportunities before, during, and after the school day; and,

 supporting parents’ efforts to provide their children with opportunities to be

 physically active outside of school. Such supports will include sharing

 information about physical activity and physical education through a

 newsletter, or other take-home materials, special events, or physical

 education homework.

 Use of School Facilities Outside of School Hours:

The school district will make efforts to keep school or district-owned physical activity facilities open for use by students, 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.

 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.

 School will ensure that the required food safety practices are followed in the receiving, storage, preparation, and service of all foods at school or school-sponsored events.

Monitoring and Policy Review

Monitoring: The Coordinated School Health Coordinator of the Hancock County School District will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district Director of Schools or designee.

School nutrition staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school nutrition supervisor. In addition, the school district will report on the most recent USDA Healthy, Hunger-Free Kids Act of 2010 review findings and any resulting changes.

The Director of Schools or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board.

Policy Review: To help with the initial development of the district’s wellness policies, each school in the district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level by Debra McDaniel to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Resources for Local School Wellness Policies on Nutrition and Physical Activity

**Crosscutting:**

1. *School Health Index,* Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi/>
2. Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
3. *Fit, Healthy, and Ready to Learn: a School Health Policy Guide,* National Association of State Boards of Education, <www.nasbe.org/HealthySchools/fithealthy.mgi>
4. *Preventing Childhood Obesity: Health in the Balance,* the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
5. *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>
6. *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>
7. *Health, Mental Health, and Safety Guidelines for Schools,* American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>
8. *Cardiovascular Health Promotion in Schools,* American Heart Association [link to pdf]

**School Health Councils:**

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

**Nutrition:**

 **General Resources on Nutrition**

1. *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/>
2. *Changing the Scene: Improving the School Nutrition Environment Toolkit,* U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
3. *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/>
4. *Guidelines for School Health Programs to Promote Lifelong Healthy Eating,* Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
5. *Healthy Food Policy Resource Guide,* California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>
6. *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/SNDAIIfind.pdf>

 *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <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>

* HealthierUS School Challenge,* U.S. Department of Agriculture, <www.fns.usda.gov/tn/HealthierUS/index.htm>

 *Breakfast for Learning,* Food Research and Action Center, <www.frac.org/pdf/breakfastforlearning.PDF>

* School Breakfast Scorecard,* Food Research and Action Center, <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>

**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]

1. *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools,* National Food Service Management Institute, <www.nfsmi.org/Information/Newsletters/insight24.pdf >

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

1. *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\_stan\_pdfs/Nutrition%20Standards%20Report%20-%20Final.pdf>
2. State policies for competitive foods in schools, U.S. Department of Agriculture, <www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state\_policies\_2002.htm>
3. *Nutrition Integrity in Schools,* (forthcoming), National Alliance for Nutrition and Activity
4. *School Foods Tool Kit,* Center for Science in the Public Interest, <www.cspinet.org/schoolfood/>
5. *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>
6. *FAQ on School Pouring Rights Contracts,* American Dental Association,
<http://www.ada.org/public/topics/softdrink\_faq.asp>

**Fruit and Vegetable Promotion in Schools**

1. *Fruits and Vegetables Galore: Helping Kids Eat More,* U.S. Department of Agriculture, *<*www.fns.usda.gov/tn/Resources/fv\_galore.html>
2. *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>.
3. *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>
4. National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>
5. Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>
6. Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

**Fundraising Activities**

1. *Creative Financing and Fun Fundraising,* Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>
2. *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team\_center/team\_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

**Snacks**

1. *Healthy School Snacks,* (forthcoming), Center for Science in the Public Interest
2. 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>

**Rewards**

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

**Celebrations**

1. *Guide to Healthy School Parties,* Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team\_center/team\_resources/AL/N&PA%2032%20-%20parties.pdf>
2. *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**

1. *National Health Education Standards,* American Association for Health Education, <http://www.aahperd.org/aahe/pdf\_files/standards.pdf>

**Nutrition Education and Promotion**

1. U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <www.fns.usda.gov/tn/Educators/index.htm>
2. *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>
3. *Nutrition Education Resources and Programs Designed for Adolescents,* compiled by the American Dietetic Association,
<www.eatright.org/Public/index\_19218.cfm>

**Integrating Physical Activity into the Classroom Setting**

1. *Brain Breaks,* Michigan Department of Education, <www.emc.cmich.edu/brainbreaks>
2. *Energizers*, East Carolina University, <www.ncpe4me.com/energizers.html>

**Food Marketing to Children**

1. *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>
2. *Review of Research on the Effects of Food Promotion to Children,* United Kingdom Food Standards Agency, <www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>
3. *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>
4. *Guidelines for Responsible Food Marketing to Children,* Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>
5. *Commercial Activities in Schools,* U.S. General Accounting Office, <www.gao.gov/new.items/d04810.pdf>

**Eating Disorders**

1. Academy for Eating Disorders, <www.aedweb.org>
2. National Eating Disorders Association, <www.nationaleatingdisorders.org>
3. Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

**Staff Wellness**

1. *School Staff Wellness,* National Association of State Boards of Education [link to pdf]
2. *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small,* Partnership for Prevention, <*www.prevent.org/publications/Healthy\_Workforce\_2010.pdf*>
3. *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program,* Wellness Councils of America, <www.welcoa.org/wellworkplace/index.php?category=7>
4. *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**

1. *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>
2. *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>

1. *Physical Fitness and Activity in Schools,* American Academy of Pediatrics, <http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>

**Physical Education**

1. *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>
2. *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>
3. *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>
4. *Substitution for Instructional Physical Education Programs,* National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf\_files/pos\_papers/substitution.pdf>
5. *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>

 **Recess**

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

 **Physical Activity Opportunities Before and After School**

1. *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>
2. *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>

1. *Rights and Responsibilities of Interscholastic Athletes,* National Association for Sport and Physical Education, <www.aahperd.org/naspe/pdf\_files/pos\_papers/RightandResponsibilities.pdf>

 **Safe Routes to School**

1. *Safe Routes to Schools Tool Kit,* National Highway Traffic Safety Administration, <www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/>
2. *KidsWalk to School Program*, Centers for Disease Control and Prevention, <www.cdc.gov/nccdphp/dnpa/kidswalk/>
3. *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>

**Monitoring and Policy Review:**

1. *School Health Index,* Centers for Disease Control and Prevention (CDC), <http://apps.nccd.cdc.gov/shi/>
2. *Changing the Scene: Improving the School Nutrition Environment Toolkit,* U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
3. *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>
4. *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>
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>
6. *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>