

Gloucester County Public Schools

School Health Advisory Board

Health and Wellness Guidelines



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MISSION STATEMENT

The School Health Advisory Board for Gloucester County Public Schools will serve as an advocate for comprehensive school health to protect and promote the health and well-being of all students and school personnel.

BACKGROUND INFORMATION

The School Health Advisory Board is composed of individuals from throughout the community. It is committed to creating healthy school environments so students may realize their learning potential.

For more than a decade school health advisory boards have assisted school divisions in Virginia to help foster family and community support and involvement in developing and implementing school health programs, including health instruction; healthy school environment; school health services; school counseling, psychological and social services; physical education; school nutrition services; and health promotion for staff members.

The purpose of this booklet is to provide the schools with general guidelines and recommendations to help our students, parents, and staff make choices that will promote health and wellness, thus reducing the risk of chronic diseases and improving the quality of life.

GUIDELINES FOR HEALTHY LIFESTYLES

Nutrition

1. Provide a link to [USDA's My Plate](#) on the GCPS website.
2. Provide staff education and development for new Food Service personnel.
3. Educate and communicate a positive image of health and nutrition.
4. Provide nutritional analysis information of school menus via GCPS website.
5. Incorporate 100% whole-wheat flour into foods whenever feasible.
6. Reduce saturated and trans fat content of foods by baking vs. frying whenever feasible.
7. Integrate nutrition education topics into the comprehensive health education programs taught at every grade level.
8. Provide nutrition related information such as *Healthy Snack Ideas*, *Best Bets in Fast Food*, and *Healthy Lunch Ideas* for parents, teachers, and students on the GCPS website and/or through other communications.

Physical Activity

1. Assure that all students in grades K-12 receive daily physical education/activity. This is the equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students. It will be at the discretion of the schools on how to meet this goal through specific activities such as “walk and talk,” beginning and ending each class with a period of physical activity, and/or the integration of physical activity into the academic curriculum as appropriate.
2. Provide student opportunities for physical activity through a range of before- and/or after-school programs including, (but not limited to) intramural and interscholastic athletics, dancing, aerobics, running

- clinics, etc. Encourage all students to take advantage of these opportunities.
3. 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.
 4. Provide a link on the GCPS website on school/community events promoting physical activities.
 5. Encourage students through school policy to wear proper shoes that enable daily participation in physical activities. Proper shoes will promote safety and reduce injury.
 6. Avoid using exercise/physical activity as a form of punishment.

Other Wellness-Related Activities

1. Food Allergies

The most common foods that cause allergies include milk, eggs, peanuts, tree nuts (walnuts, cashews), fish, soy and wheat. Due to an increasing number of students with life threatening food allergies and the potential for fatal reactions from unintended exposure to them, the following guidelines are recommended:

- During the normal instructional day, no homemade or commercially prepared treats or food items, which are intended to be shared with students, will be allowed at the elementary level. This will not include food items that are part of the instructional process or school sponsored activities which are planned in advance.
 - No trading of food or sharing of utensils due to unknown food allergies.
- #### 2. Other wellness related actions
- Provide students an adequate amount of time to eat meals in lunchroom facilities.
 - Actively promote hand washing before and after meals.

- Allow all children who participate in subsidized food programs to obtain food in a non-stigmatizing manner.
- Review annually the nutritional content of school breakfast and lunch menus.
- Offer nutritionally dense foods as opposed to foods with little or no nutritional value.
- Encourage healthier foods for all fund raising activities and in school vending machines.
- Students, parents, teachers, and school personnel should access the GCPS website for ingredients for foods offered by the school.

3. Foods from home

Encourage students who choose to bring breakfast and/or lunch to pack food from home versus bringing food from outside establishments. Family members who bring in food for a child must not share that food with other students due to food allergy concerns.

Teachers, staff, and parents are role models and as such should set an example of eating healthy meals in the presence of students during the day. Healthy foods include fresh whole foods such as fruit, vegetables, low fat dairy and lean meats in appropriate portions.

No soft drinks should be allowed during breakfast or lunch. Teachers, staff and parents are encouraged to use Gloucester County's new online menus by *Nutrislice* to learn the nutritional value of foods offered through the schools. The lunch menu link is available on the GCPS website or visit www.gc.nutrislice.com. Additional *Healthy Lunch Ideas* will be provided on the GCPS website.

4. Fund Raisers

School fundraisers should promote healthy choices such as non-food items, physical activity, and healthier food choices. Healthy fundraising supports healthy eating habits. Many of the foods

and drinks sold at fundraisers are high in calories, sugar and fat, and thus contribute to obesity and chronic diseases (Appendix A).

5. Birthdays, Parties, and Holiday Meals

Birthdays are special and each child should be acknowledged through morning announcements, and with such items as a birthday pencil or ribbon, etc. Due to the increasing number of life threatening food allergies, foods from outside establishments can no longer be permitted into schools for sharing with classmates. Parents are encouraged to save the special celebrations that may include food items (such as cake and ice cream, etc.) for home and family time.

6. Non-food rewards

Promote activities that avoid modeling of food as a reward. Non-food rewards will help eliminate life threatening food allergy concerns. The use of non-food rewards is more inclusive and all students can participate (Appendix B).

Appendix A

Healthy Choices for Fundraising

School fundraisers can promote positive and healthy choices, such as non-food items, activities, and nutritious food choices. Healthy fundraising also supports healthy eating habits lifestyles. Here is a list of creative fundraising ideas that promote healthy living initiatives:

I. Items to Sell, Raffle, and/or Promote School Spirit

Kitchenware	Jewelry
Flowers/ Plants/ Bulbs	CDs/DVDs
Seasonal Fruits and Vegetables	Outdoor Services (Lawn Care)
Greeting Cards	Indoor Services (Housecleaning)
Holiday Cards	Pens / Pencils /Erasers
Stationary	Yearbooks/ Yearbook Covers
Gift Wrap and Ribbon	Seasonal Flags
Arts and Crafts	Healthy Snack Items
Baskets	Salon / Nail Care Gift Cards
Jewelry	Music Downloads
Picture Frames	Paintball / Laser Tag Passes
Lotions	Spirit / Booster Cards
Gift Certificates	Decals / Bumper Stickers
Gift Baskets / Theme Bags	Rub-on Tattoos
Class Rings	Blankets / Pillows
VIP Parking Spaces	Exercise Equipment
Clothing (Jackets / Shirts / Jerseys)	Bath Accessories
Hats or Visors	Batteries
Buttons	Candles
Stadium Chairs	Car Emergency Kits
Soaps	License Plate Frames
Magazines	Newspaper or Yearbook Ads
Holiday Items	Scarves
Coupon Books	School Event Tickets (Dances)
Calendars	Sporting Events
Stuffed Animals	Movie Passes
Plastic Storage Containers	Mugs / Water Bottles
Cookbooks	Souvenir Cups
First Aid Kits	Calendars

II. Other Fundraising Ideas

Talent Shows	Craft Sales (Booth Space)
School Plays	Live / Silent Auctions
Fun Walks / Runs / Hikes	Family / Glamour Portraits
Bike-a-thons	Penny Wars
Dance-a-thons	Used Book / Video / Music Sales
Bowling-a-thons	Consignment Sales
Jump Rope-a-thons	Celebrity Basketball Game
Car Washes	Read-a-thons
Pet Washes	Magic Shows
Golf Tournaments	Singing Telegrams
Tennis Tournaments	Spelling Bees
Carnivals	Horseshoe Competition
Festivals / Field Days	Treasure Hunt

Appendix B

Healthy Choices as Rewards and Incentives

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by utilizing healthy, non-food rewards and incentives. Here are some ideas:

Sit with a Friend	Read to a Younger Class
Watch a Video	Be a Helper in Another Classroom
Read Outdoors (Have Classes Outdoors)	Read to a Buddy
Teach a Class	Get a No Homework Pass for the Day
Have Extra Recess Times	Receive "Student of the Day" Recognition
Have Extra Art Times	Walk with the Teacher at Lunch
Receive an "Caught Being Good" Award	Have Lunch with the Principal
Listen to Music at Lunch	
Play a Computer / Software Game	

Students can also choose item/items from a classroom treasure chest for items such as pencils, stickers, craft kits, small toys, sidewalk chalk, plastic jewelry, plastic bugs and animals, and/or other items. Items for the classroom treasure chest can be collected by various means (e.g., via the school's PTA, or via parents when the student supply lists are distributed at the beginning of the school year).

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