



SYCAMORE STUDENT AND STAFF WELLNESS PROGRAM

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; Whereas, good health fosters student attendance and education; Whereas, 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; Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood; Thus Sycamore Community Schools is committed to providing school environments that promote and protect the health and well-being of the students and staff by supporting healthy eating and physical activity. Supported by a unified effort among stakeholders, these components will ensure that the district implementation is successful:

- **District Wellness Committee**

- The school district will have a District Wellness Committee to engage district leaders and administrators, students, parents, teachers, child nutrition staff, health professionals, and other interested community members in developing, monitoring, and establishing a district-wide nutrition and physical activity program.

- **In-school nutrition**

- The District ensures that reimbursable school meals meet or exceed the National School Breakfast and Lunch Program guidelines.
- The District ensures that all food sold outside of these federal meal programs are compliant with USDA Smart Snacks and Ohio Senate Bill 210 from midnight through thirty minutes after the school day ends as the “school day”; including but not limited to a la carte items, food and beverage vending machines and student fundraisers.

- **Nutrition Promotion and Food Marketing**

- Nutrition Education is offered at various grade levels as a sequential, comprehensive, standards-based and integrated into other content areas whenever applicable such as reading, science, social studies, foreign language and math to provide students with the knowledge and skills necessary to promote and protect their health.
- Sycamore Community Schools aims to teach, encourage, and support healthy eating by students and will provide nutrition education opportunities and will engage in nutrition promotion when opportunities are available.
- Nutrition promotion opportunities will include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing, farm visits and school gardens as examples; and will promote fruit, vegetable, whole grain; low fat and dairy products.
- Only food and beverages that meet the Federal and State nutrition regulations will be marketed on school premises.

- **Employee wellness**

- School-based or school-linked programs will be available and offered in an effort to promote employee wellness and to facilitate positive role modeling for students.

- **Health education**
 - Health education and healthy living skills are taught as part of the regular curriculum. These courses provide the opportunity for all students to understand and practice concepts/skills related to health promotion and disease prevention.
 - Nutrition promotion and education will be taught as part of the regularly scheduled health curriculum as well as in other teachable moments when appropriate in the classroom and lunchroom.
- **Physical education and other physical activity programs**
 - Physical education will be a part of the regular curriculum in grades K-8. The high school will allow students opportunities to take courses in physical education as well as utilize the active learning classroom.
 - Opportunities for physical activity will be available and encouraged both during and outside the school day to promote fitness and encourage both short and long term benefits of a healthy, active lifestyle.
 - Certain school spaces and district facilities are available to students, staff, and community members outside school hours for groups to meet to conduct physical activity and exercise, such as walking groups, exercise classes, fitness center usage, etc. **District policies regarding facility use and rental agreements may apply.*
- **School health services**
 - Students have access to the following: preventive health services, referrals, acute and emergency care and chronic disease management. This encourages all students to maintain proper wellness and growth.
- **Counseling, psychological and social services**
 - School-based or school-linked services are provided to support the cognitive, emotional, social, and behavioral well-being of individuals, groups and families and to build a healthy school environment.
- **Family and community involvement**
 - Sycamore encourages and supports family/community partnership development. This helps to provide long term, meaningful support systems for students and staff.
- **School health and safety policies**
 - School health and safety policies are imperative to ensure a safe environment for learning. Sycamore Community Schools will engage all stakeholders (students, parents, teachers, food service professionals, health professionals and other interested community members) in developing, implementing, monitoring and annually reviewing the district-wide wellness guidelines.

Progress towards health/wellness goals will be provided to stakeholders via the district website and through electronic publications. Presentations to the school board will be on an annual basis. All members of the Sycamore community are encouraged and welcomed to participate in district wellness initiatives and events.

The Sycamore Child Nutrition and Wellness Director will be the designated contact person for all areas related to the District Wellness Policy, Student and Staff Wellness Program and the Food for Sale Standards. The district wellness committee will meet a minimum of four times per year to establish goals and to oversee school health policies and programs, including development, implementation, and periodic review and updating of these wellness policies and program. Each Sycamore school building will have a building-level committee to carry-out specific events and to administer meetings with parents and staff from that building and will report back to the district-committee. An annual wellness progress report will be presented to the school board by the program chair and will be available for public viewing in accordance with Federal guidelines.

Food in the classroom

Classroom Snacks

- **Individual Snacks**, Students will be encouraged to eat healthy snacks, including fruits, vegetables, and grains. In specific classrooms, snacks may need to be further restricted to ensure the safety of students with allergies or other chronic health issues. Staff will share pertinent allergen concerns with classroom parents. Snacks in the original packaging are preferred, although baggies of snacks may be brought as well. Students will not be permitted to share snacks. It is up to the parent/guardian to provide this snack for their own child. No food will be taken from a child.
- **Classroom Snacks**, There may be times when classrooms have a shared snack with one parent providing the snack for the entire class. This is discouraged, however, if necessary, teachers are encouraged to provide a suggested snack list to parents using the snack suggestions provided below.

Snack Suggestions

- fresh or dried fruit (grapes, bananas, apple slices, strawberries, raisins)
- fresh vegetables (carrot sticks, pepper slices, cucumber slices, snap peas)
- lean proteins (hummus, beans, nuts, eggs, poultry or meat)
- high protein, low-sugar dairy items (cheese sticks, greek yogurt)
- whole grain foods with fiber (whole grain snack crackers, pretzels, breads, tortillas)

Celebrations at School

- **For birthday celebrations**, students are encouraged to bring in small, inexpensive non-food items for sharing (such as pencils and stickers). If parents wish to have a food item with their own child, it must be consumed in the cafeteria during the student's regularly scheduled lunchtime. Parents should not give food to other students due to the risk for food allergies, choking and or parental food preferences. Staff have the discretion to implement non-food related birthday traditions (ex. Birthday Book Club, etc.). **See attachment A for non-food ways to recognize students.*
- **For other in-school celebrations**, parents, teachers and students are encouraged to bring in non-food items and to focus on activities and crafts that encourage team building. These are chances for students to practice their social skills and to engage in fun activities centered around a party's theme. However, when there are classroom celebrations that include food, the following guidelines will encourage and maintain our healthy school environment:

Party Food Suggestions

- water
- "rainbow" fruit kebabs
- edamame
- popcorn
- mini-wheat bagels with cream cheese spread
- apple slices or celery sticks with sunflower seed butter (tastes similar to peanut butter!)
- sliced turkey or cheese tortilla roll ups
- homemade snack mix with pretzels, whole grain cereal, and dried fruits
- food color dyed deviled eggs (think Green Eggs and Ham!)

** See Attachment B for themed ideas*

Classroom incentives/rewards

Staff members are discouraged from using candy for incentives or rewards, and if used, should be done sparingly. Non-food items that provide positive reinforcement and other creative strategies are recommended for use by staff. * *See Attachment A for non-food ways to recognize students.*

Instructional food use

Instructional use of food in the classroom should follow the guidelines above to promote a healthy lifestyle. Nutrition education and healthy eating messages are encouraged in the classroom during instructional time.

After school activities

The wellness program is designed for the school day and does not impact activities that take place after school hours including team or club meals, open houses, after school stores, vending machines or extracurricular concessions. However, all of these groups and activities are encouraged to offer healthy food alternatives.

Transportation Department

To ensure the safety of the students with allergies and to support our healthier school environment, bus drivers are not to offer food or candy to students while entering, riding or departing from the school bus.

Physical activity throughout the school day

Physical activity in the classroom

The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. For students to achieve the nationally recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities beyond physical education class. The district recommends teachers provide short (3-5 minutes) physical activity breaks to students during classroom time.

**See Attachment C for ideas for physical activity breaks.*

Punishment related to physical activity

Physical activity during the school day (including but not limited to recess, physical activity breaks or Physical Education) will not be withheld as punishment for any reason nor will physical activity be required during the school day as punishment.

Resources

Teachers are encouraged to utilize available resources and tools provided in Attachment C to provide activity breaks for students throughout the school day. Some buildings may have alternative ways to allow students to be active such as walking trails or paths during recess, gym or lunch; fitness centers available for use to students during the school day; etc.

ATTACHMENT A

Non-food way to recognize students

Zero-Cost alternatives

- Be a helper in another classroom
- Choose any class job for the week
- Draw from a class treasure box (gently used books, pencils, pens, stickers, etc)
- Earn homework pass
- Eat a meal with the principal
- Hold class outside/class eats lunch outside
- Friday free time
- Have the teacher email parents to praise the student
- Have an extra recess
- Listen to music during class
- Receive extra credit
- Students can sit where they want for a day
- Use the teacher's chair for the day

Low-cost alternatives

- Choose an item from a box of Sycamore low cost spirit items
- Enter a drawing for donated prizes
- Gift card to movie theater
- Gift card to Sycamore High School bookstore
- Gift card to movie theatre

ATTACHMENT B

Themed party ideas

Halloween

- ❑ hummus “graveyard” for Halloween with whole grain cracker “tombstones” vegetable “skeleton”
- ❑ Cutie oranges with a jack-o-lantern face drawn in permanent marker on the peel
<https://www.pinterest.com/pin/310326230550349596/>
- ❑ peeled Cutie oranges with celery stem <https://www.pinterest.com/pin/310326230550349481/>
- ❑ banana “ghosts” with mini-chocolate chip eyes <https://www.pinterest.com/pin/310326230550349584/>
- ❑ “monster teeth” with apple slices, nut/seed butter, mini marshmallows
<https://www.pinterest.com/pin/310326230550349557/>
- ❑ candy corn fruit parfait <https://www.pinterest.com/pin/310326230550349718/>

Winter Holidays

- ❑ “Grinch hats” green grape, banana slice, strawberry, mini marshmallow
<https://www.pinterest.com/pin/310326230550349412/>
- ❑ popcorn mixed with dried cranberries and dark chocolate chips
- ❑ cottage cheese “snowballs” with fruit
- ❑ “Olaf snowman” string cheese <https://www.pinterest.com/pin/310326230550274039/>
- ❑ banana “snowmen” with mini-chocolate chip eyes, buttons
- ❑ snowman popcorn cups <https://www.pinterest.com/pin/310326230550274167/>

Valentine’s Day

- ❑ strawberry “hearts” dipped in dark or white chocolate
- ❑ mini ham sandwiches, on whole wheat bread, cut out with a heart-shaped cookie cutter
- ❑ strawberry yogurt covered pretzels
- ❑ “cupid’s arrows” with clementine slice, blueberries, a strawberry on straw
<https://www.pinterest.com/pin/310326230549578334/>

End of Year

- ❑ real fruit frozen pops
- ❑ sparkling water flavored with lemon and mint
- ❑ carrot sticks or whole grain chips with guacamole dip
- ❑ Fruit flag platter <https://www.pinterest.com/pin/310326230550349453/>

ATTACHMENT C

In-Class Physical Activity Breaks

Physical activity breaks, integrated into classroom lessons, enhance on-task classroom behavior of students. Physical activity is also critical to student's cognitive development and academic success. ¹ School based physical activity does not negatively impact, and in many cases can help improve, academic performance, including attention, concentration, time-on-task, attendance, grades, and standardized test scores. ²

Appropriate for all grades:

Fit For A Healthier Generation offers a variety of short video workouts appropriate for grades K-12.

- Fitness Training with Bob Harper : 3 minutes
- Zumba : 3 videos, 4 minutes each, K-6 appropriate.
- Yoga with Tara Stiles : 8 videos, 2-4 minutes each
- Tae Bo with Billy Blanks : 3 videos for Elementary, 5 minutes each; 3 videos for Middle School, 7-8 minutes each; 3 videos for High School, 6-8 minutes each.

https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fit_for_a_healthier_generation/

Appropriate for Elementary & Intermediate buildings:

Elementary Energizers offers 48 classroom-based, short (about 10 minutes each) physical activity ideas that integrate physical activity with academic concepts. Appropriate for grades K-6.
<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

GoNoodle Classroom Brain Breaks offers a suite of short videos with physical activity breaks that feature Olympic athletes, Zumba, yoga/stretching, dance and breathing exercises appropriate for grades K-6. Categorized by grade level and type.
<https://www.gonoodle.com>

Get Fit Kids Corner offers several 5 minute workouts centered around fun dance moves. Appropriate for grades K-6.
<http://getfitkidscorner.org/category/five-minute-workouts/>

Get Active with Katina Taylor offers a 10 video series of 5 minute exercises. Appropriate for grades K-6.
https://www.youtube.com/watch?v=K_cS5feJoZo

JAM School Program offers a weekly one-minute exercise routine and a monthly health newsletter, appropriate for grades K-6. Students can submit their own JAM routine to be used nationwide.
<http://www.jamschoolprogram.com/>

In-Class Physical Activity Breaks Cont.

Appropriate for Intermediate and Junior High:

Middle School Activity Breaks offers 55 classroom-based, short (5-10 minutes each) physical activity ideas that integrate physical activity with academic concepts. Appropriate for grades 5-8.

https://www.healthiergeneration.org/_asset/wmvkp7/14-6309_MSActivityBreaks.pdf

Appropriate for Junior High and High School:

Secondary School Physical Activity Breaks offers 11 activity ideas adapted from brain-based learning strategies. Perfect for integrating movement into class content, appropriate for grades 7-12.

https://www.healthiergeneration.org/_asset/590hh0/10-1819_SecondaryClassroomPA.pdf

Jump In, Jump Out offers a very challenging 4 minute video that is sure to engage the body and brain. Appropriate for grades 7-12.

<https://www.youtube.com/watch?v=k6bHltjIYZE>

¹ Mahar MT, Murphy SK, Rowe DA, Golden J, Shields A, Raedeke TD. Effects of a classroom-based program on physical activity and on-task behavior. *Medicine and Science in Sports and Exercise* 2006;38(12):2086-94.

² Centers for Disease Control and Prevention. *The Association Between School Based Physical Activity, including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.