

School Wellness Policy

The Southern Tioga School District is committed to preparing students to make healthy nutritional and physical activity choices every day- in their communities, homes and schools.

Food and beverages sold or served at school will contribute in planning all school-based activities.

All Foods available in district schools during the day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the administrative regulations.

Parents and teachers will be made aware of the District's commitment to wellness and will be encouraged to provide healthy snacks. Healthy-food or non-food rewards and celebrations will be encouraged.



For more information or for a personalized nutrition plan: www.mypyramid.gov

Superintendent's Message

On behalf of the members of the Southern Tioga School District, I want to express my appreciation to the parents and school communities for their understanding and openness toward the implementation of the Wellness Policy.

Together, we will continue to educate and focus on the "whole child" which includes not only their intellectual requirements but also their social, emotional, and physical needs.

Together, we can make a difference in raising a "healthy student."

Mr. Joseph M. Kalata

Sources Used:

www.cdc.gov/nccdphp/dnpa/nutrition

www.dpsnc.net

www.mealsmatter.org

Additional Resources:

www.actionforhealthykids.org

www.5aday.com

www.kidseatwell.org

www.newenglanddairyCouncil.org

www.mecycle.com

www.fundraisingpages.com

www.5aday.com

A Parents Guide to Children's School Nutrition



Southern Tioga School District



"For a community to be whole and healthy, it must be based on people's love and concern for each other."

Millard Fuller

Children's Obesity Data Tioga County

Percent of Children over 85% CDC Growth Screening (overweight or at-risk overweight) (2002-2003)

Grade	Percent	Grade	Percent
K	23.3%	5	42.6%
1st	30.2%	6	52.6%
2nd	33.3%	7	46.2%
3rd	37.6%	8	47.35
4th	46.6%		

Find Balance with Nutrition and Physical Activity

Along with a healthy diet, daily physical activity is important in maintaining weight, prevention of chronic disease and feeling great!

Tips for Healthy Snacking

Read food labels carefully

Provide kids with snack choices

Think outside the bag; avoid pre-packaged snacks

Pre-portion your child's snacks at home

Don't be fooled by "fat free" products and added sugars

Be a Role Model!

Link Between Learning and Healthy Lifestyles

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environments for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it.

Classroom Parties, Snacks, Rewards & Celebrations

Parents and teachers will be made aware of the District's commitment to wellness and will be encouraged to provide healthy snacks. Healthy-food or non-food rewards will be encouraged.

Parties and celebrations will not take place until after the last meal period of the day.

Suggestions:

- ◆ Fresh fruit and vegetables
- ◆ Low-fat String Cheese
- ◆ Popcorn
- ◆ Water, 100% fruit juice or low-fat milk
- ◆ Stickers, pencils, buttons, posters
- ◆ Extra recess
- ◆ Books purchased for classroom

Portion Size

Serve child-sized portions, and let your child ask for more.

Here are some examples of child-sized portions:

1/3 to 1/2 cup of frozen veggies

1 or 2 little cooked broccoli spears

5 to 7 cooked baby carrots

1/3 to 1/2 cup of melon

5 to 7 strawberries

1/2 cup of apple sauce

1 small tangerine

1/3 to 1/2 cup of frozen or fresh berries

1 cup (8 fl. oz.) low-fat yogurt or nonfat milk

Stretching the Food Budget

- ◆ Prepare a menu for a week and make a shopping list.
- ◆ Eat something before shopping. This will prevent you from having the strong urge to buy items not needed.
- ◆ Buy what is on sale (i.e. seasonal fruits or flyer specials) and stock up on these items.
- ◆ Buy large quantities of food. Food cost less per pound, saving you money.
- ◆ Buy store brand food items.
- ◆ Avoid pre-made products. They are more expensive.