



Wellness Policy

Policy Overview

Healthy Snack Ideas

**Wellness Education
Resources**

Wellness Policy

Childhood obesity has become a major problem for our children. On June 30, 2004 Congress passed Federal Public Law (PL 108.265) that states all local education authorities must have a Wellness Policy in place by the beginning of the 2006 school year. The policy was developed and it involved the following: school administration, school board, students, teachers, parents, food service and the public. Our committee consisted of thirty-four people who were from these various categories.

Our policy requirements include nutritional education and physical activity. This will enhance student readiness for learning and increase student achievement.

- Requirements for physical activity are to encourage students to participate in physical activity and to achieve health, wellness and enhance performance levels.
- Other school-based activities are to provide a clean and safe environment to eat breakfast and lunch.
- Food will not be used as punishment or reward.
- Schools will partner with parents and committee members to institute programs that support nutritional education and physical activity.
- The district will communicate relevant information to the community through various methods such as the District Newsletter, individual school newsletters and the Pleasant Valley School District website.



[Wellness Policy](#)

[Policy Overview](#)

[Healthy Snack Ideas](#)

[Wellness Education Resources](#)

Policy Overview

The nutritional standards for competitive foods addresses:

- Al a carte
- Vending
- Fundraising
- Classroom parties
- Celebrations
- School stores

The nutritional standards for al a carte beverages are that grades K-4 will only be offered:

- Water
- 100% fruit juice
- Milk

Beverages sold in grades 5-12 must not surpass:

- 150 calories
- 35 grams of sugar

Food and snacks are to be:

- Less than 200 calories
- Single serving portions

Vending is not available in grades K-9 and grades 10-12 must follow the same nutritional standards for al a carte snacks and beverages.

There will be no food sold in the schools to compete with the school breakfast and lunch programs.

We encourage parents and caregivers that send food from home to promote their child's participation in the school meals program. If their child does not participate we encourage them to make healthier choices. This does not mean that if a student has a bagged lunch with a candy bar or soda in it that we can take it from the child. Hopefully, we will encourage better nutrition with the newsletter and website.

Physical activity is a very important part of the policy. Students are encouraged to be more active at home and school. We encourage students to participate in:

- School sports
- Intramural programs
- Community based programs such as ski club

For adults we have a community walking program during the winter months.

This is just a brief overview of the policy. You can view it in its entirety on the Pleasant Valley School District website under student policy #246.



Wellness Policy

Policy Overview

Healthy Snack Ideas

Wellness Education Resources

Healthy Snack Ideas

- Chopped raw vegetables (carrots, cauliflower, broccoli and cherry tomatoes) and low-fat dips using yogurt or nonfat sour cream.
- Sliced cucumbers.
- Breadsticks or pita chips with hummus
- Pretzels or popcorn
- Tortilla chips with bean dip or salsa
- Crunchy treat: mix cereal (Kix®, Cheerios®) pretzel sticks and raisins together.
- Toasted whole grain breads (flat-bread crackers) or crackers (Triscuits®) with fruit spread
- Graham crackers or gingersnaps dipped in applesauce.
- Mini rice cakes
- Apple slices
- Fruits – fresh or small canned fruit in natural juice. Peel an orange or tangerine and put into plastic baggies.
- Dried fruits, especially raisins
- Frozen bananas
- Applesauce or other fruit cups
- Yogurt
- Italian ice – frozen fruit pops (natural)
- Individual boxes of soymilk, rice milk, low-fat milk or fruit juices (100%)
- Homemade muffins or cornbread
- Cheese sticks (skim milk mozzarella, string cheese)
- Popcorn – air popped with parmesan cheese

Wellness Policy

Policy Overview

Healthy Snack Ideas

Wellness Education Resources

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American Alliance for Health, Physical Education, Recreation and Dance
Support healthy lifestyles through high quality programs
www.aahperd.org



My Plate
Part of a larger communication initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices and eat healthfully.
www.myplate.gov



National Institutes of Health
Resources for nutrition and exercise
www.nih.gov



PA Advocates for Nutrition and Activity
Improving nutrition and increasing physical activity
www.panaonline.org



The President's Council on Physical Fitness and Sports
Health, physical activity, fitness and sports information advice
www.fitness.gov



Nutrition for Kids
Promotes positive attitudes about food, fitness, and body image
www.nutritionforkids.com



Monroe County Cooperative Extension
Helpful hints for living and growing
<http://monroe.extension.psu.edu/>



BAM! Body and Mind
Designed for kids to ask questions and get advice
www.bam.gov



Action for Healthy Kids
A large collection of nutrition and physical activity resources
www.actionforhealthykids.org



Health & Fitness Tips
Offers daily food and fitness logs
www.health-fitness-tips.com



Lets Move
Program developed by First Lady Michelle Obama to solve the epidemic of childhood obesity within a generation.
www.letsmove.gov



US Dept. of Health and Human Services
Improving the health and well being of America
www.hhs.gov