

Da Vinci Schools Wellness Policies on Physical Activity and Nutrition

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Preamble

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;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from MyPlate;

Whereas, 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;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Da Vinci Schools 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 Da Vinci Schools is that:

- The charter schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district- wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the [U.S. Dietary Guidelines for Americans](#).

- 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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The charter schools and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch Programs will meet all federal USDA requirements and:

- be appealing and attractive to children;
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;¹

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non- dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain-rich.³

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 new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Water. Schools shall provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁴. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast. Furthermore, Da Vinci Schools participates in the USDA Community Eligibility Program, allowing all students to eat their first meal free of charge.

Meal Times and Scheduling. Schools:

- will provide students with at least 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.; breakfast should be scheduled at or near the beginning of the school day.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities

² As recommended by the *Dietary Guidelines for Americans 2020-2025*.

³ A whole grain-rich item is one whole grain-rich" means that a food product contains at least 50% whole grains by weight, with any remaining grain ingredients being enriched, bran, or germ.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals

- will schedule lunch periods to follow recess periods (in elementary schools); will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs in compliance with the USDA Professional Standards requirements.. As part of Da Vinci Schools responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁵

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Smart Snacks in Schools Nutrition Standards

To support healthy food choices and improve student health and well-being, all foods and beverages outside of the reimbursable school meal programs that are sold or given to students on the school campus for all grade levels during the school day and ideally, the extended school day, will meet or exceed the [USDA Smart Snacks in School nutrition standards](#) and any applicable [California requirements](#). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

The nutrition requirements for all foods and beverages sold to students can be found on the [California Department of Education's Competitive Foods Reference - Charter or Private](#) webpage.

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The Charter schools will make available a list of ideas for acceptable fundraising activities.

Snack Programs. 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 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.

If snacks are provided outside of a federal program, the snacks will meet the [USDA Smart Snacks](#) school nutrition standards. 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.

Rewards. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,⁵ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet USDA Smart Snacks nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. The charter schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

⁵ Unless this practice is allowed by a student's individual education plan (IEP).

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition- related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 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, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications and Outreach. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support 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 website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for

meals or for foods and beverages sold individually in alignment with the USDA Smart Snacks in Schools regulations.⁶ School-based marketing of brands promoting predominantly low-nutrition foods and beverages⁷ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. The charter schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

Physical Education. Grades 9-12 are offered physical education classes that student may sign up for such as, but not limited to: yoga, walk and talk, cycling, crossfit and volleyball, swim, baseball, soccer, track, crossfit, cheer, archery and additional seminar options.

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

⁶ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

⁷ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. The charter schools will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The charter schools will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The charter schools will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to 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.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee 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 charter schools’ superintendent or designee.

School food service 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 superintendent (or if done at the school level, to the school principal). In addition, the charter schools will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent 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 and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Annual Notification of Policy The charter schools will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The schools will make this information available via the district website and/or district-wide communications. The schools will provide as much information as possible about the school nutrition environment. This will include a summary of the district's/or schools' events or activities related to wellness policy implementation. Annually, the schools will also publicize the name and contact information of the district/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Assessment. 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.⁸ The results of those school- by-school assessments will be compiled at the district level 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 Charter schools 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.

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the

letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

⁸ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

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VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

School Health Index, Centers for Disease Control and Prevention,
<<http://apps.nccd.cdc.gov/shi/>>

Local Wellness Policy website, U.S. Department of Agriculture,
<<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education,
<www.nasbe.org/HealthySchools/fithealthy.mgi>

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>

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%20120204_final.pdf>

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>

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,
<<http://www.nationalguidelines.org>>

Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]

School Health Councils:

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]

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

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/>>

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture,
<www.fns.usda.gov/tn/Healthy/changing.html>

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/>

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention,
<www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>

Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>

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/SNDAllfind.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.healthylarkansas.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]

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

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_standards/Nutrition%20Standards%20Report%20-%20Final.pdf>

State policies for competitive foods in schools, U.S. Department of Agriculture,
<www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm>

Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity

School Foods Tool Kit, Center for Science in the Public Interest,
<www.cspinet.org/schoolfood/>

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>

FAQ on School Pouring Rights Contracts, American Dental Association,
<http://www.ada.org/public/topics/softdrink_faq.asp>

Fruit and Vegetable Promotion in Schools

Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Resources/fv_galore.html>

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>.

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>

National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>

Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>

Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

Creative Financing and Fun Fundraising, Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>

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

Healthy School Snacks, (forthcoming), Center for Science in the Public Interest

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

Constructive Classroom Rewards, Center for Science in the Public Interest,
<www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>

Alternatives to Using Food as a Reward, Michigan State University
Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>

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

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>

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

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

Nutrition Education and Promotion

U.S. Department of Agriculture Team Nutrition website (lists nutrition
education curricula and links to them),
<www.fns.usda.gov/tn/Educators/index.htm>

*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>

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

Brain Breaks, Michigan Department of Education,
<www.emc.cmich.edu/brainbreaks>

Energizers, East Carolina University, <www.ncpe4me.com/energizers.html>

Food Marketing to Children

Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>

Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency,
<www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>

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>>

Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>

Commercial Activities in Schools, U.S. General Accounting Office,
<www.gao.gov/new.items/d04810.pdf>

Eating Disorders

Academy for Eating Disorders, <www.aedweb.org>

National Eating Disorders Association, <www.nationaleatingdisorders.org>

Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

School Staff Wellness, National Association of State Boards of Education
[link to pdf]

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention,
<www.prevent.org/publications/Healthy_Workforce_2010.pdf>

Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America,

<www.welcoa.org/wellworkplace/index.php?category=7>

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

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>

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>

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

Physical Education

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