

BISMARCK PUBLIC SCHOOLS (BPS)



WELLNESS POLICY

Shows we value our children's health & well-being.

Created a District-wide nutrition & physical activity policy.

Why do we need a wellness policy?

Increased childhood obesity rates.
(26.9% of ND's children are overweight or obese)

Supports Healthy ND workforce.
(80% of overweight children become obese adults)

How has the policy impacted BPS?

Supports USDA school breakfast and lunch.

Promotes healthy snacks.

Supports non-food rewards.

Encourages healthier foods for fundraising.

Supports healthy beverage choices.

Source: <http://www.bismarck.k12.nd.us/uploads/resources/1068/policyjgcf.pdf>

FOODSERVICE



- BPS follows USDA guidelines for fat, saturated fat, calories, vitamins and minerals.
- BPS meals offer age-appropriate servings, leaving tummies feeling “just right” and brains ready to learn.
- BPS students who eat meals at school will likely consume more fruits and vegetables, 100% whole grains and low-fat and nonfat dairy products.
- BPS meals are reasonably priced.

FREE & REDUCED MEALS

Any child can receive a meal from the school breakfast or lunch program. Families with an income at, below or between 130-185 percent of poverty level (WIC guidelines), are eligible to receive assistance.

To see if you qualify for free or reduced meals, call your school office for more.



Developed by Bismarck-Burleigh Public Health to support BPS Wellness Policy.

Updated: 5/2013

BREAKFAST PROGRAM

Start the day out right by “breaking the fast”. Breakfast provides energy and contributes to success at school. It is important to eat breakfast, everyday!

School breakfast provides:

- ⇒ 1/2 cup of fruit, vegetable or 100% juice
- ⇒ 8 oz. milk
- ⇒ 2 servings of grains

OR

- ⇒ 1 serving of grain and 1 meat serving
- ⇒ Meat/meat alternative



LUNCH PROGRAM

School lunch provides:

- ⇒ 2 oz. meat/meat alternative
- ⇒ 2 or more servings of fruits and/or veggies
- ⇒ 2 serving of grains
- ⇒ 8 oz. milk

Packing a lunch from home?
Try to follow the guidelines listed above.

Al a carte lines offer healthy choices, too.
BUT, without careful selection, it does not provide a balanced meal.

HYDRATION IDEAS

Bodies need to be hydrated throughout the day for concentration and learning.

Encourage these beverages everyday:

WATER: 0 calorie, 0 grams sugar
6 or more glasses of water/day

MILK: offer low-fat (1%) or nonfat (skim).
Calcium promotes strong bone development and healthy teeth.
2-3 glasses/day

100% JUICE: no added sugar, full of vitamins, minerals & antioxidants.
ONLY 1/2 cup/day

AVOID OR LIMIT:

POP: provides 9-12 tsp. of sugar in one can.
Pop has NO nutritional value and promotes weight gain.

FRUIT DRINKS (under 100% juice): Although, it has more nutrients than pop, like added Vitamin C, added sugar is a common ingredient.

ENERGY DRINKS/SPORTS BEVERAGES: These are poor hydration choices. These beverages have sugar, unneeded electrolytes and even caffeine.

Avoid beverages that have sugar listed as an ingredient.

The **BEST** drink
ALL DAY,
EVERYDAY is **WATER!!**



FUNDRAISER IDEAS

Traditionally, foods have been sold at extra-curricular school events. BPS supports using healthy foods that fuel bodies, helps children grow and teaches lifelong wellness.

The following are some fundraising ideas the wellness policy supports:

- ◆ **CONCESSIONS**
-Fresh fruit & veggies, 100% juice, water, low fat sandwiches, salads, salsa with whole grain chips, low fat popcorn, and 100 calorie snacks
- ◆ **AUCTIONS**
-Donated new or used items, gifts, gift certificates, lawn mowing/raking
- ◆ **SPORT CHALLENGES**
-Student vs. teachers, parents or local TV/radio
- ◆ **WALK/RUN/BIKE-A-THONS**
-Pledges collected per lap, mile or hour
- ◆ **RAFFLES**
-Prizes perceived as high-value, which could be donated by local businesses or organizations
- ◆ **NON-FOOD PRODUCTS**
-Magazines, candles, t-shirts, entertainment coupon packages
- ◆ **SPECIAL OCCASIONS**
-Christmas: wreaths, cards, caroling
-Valentine's Day: balloons, roses, telegrams



CELEBRATION IDEAS

Throughout the school year there are several days that call for celebration like birthdays and holidays. Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities that make the child feel special or get people moving and enjoy being together.

Activities a student/class may choose:

- DANCE PARTY:** Dance to favorite music.
- EXTRA RECESS:** Enjoy 15 minutes of extra recess.
- INDOOR FREE TIME:** Enjoy 15 minutes of extra free time; i.e. classroom toys, drawing, reading.
- GAME TIME:** Enjoy 15 minutes of playing favorite math/literacy game or bring a favorite from home.
- LUNCH WITH SPECIAL GUEST:** May spend lunchtime eating with a parent, relative, teacher, or special person.
- COMPUTER TIME:** Enjoy 15 minutes of extra computer time.
- SHOW-AND-TELL:** Bring an item from home for a show-and-tell time; i.e. toy, book, instrument.
- GUEST READ ALOUD:** May choose a special guest (family member, relative, teacher) and/or special book to be read aloud in class.
- SPECIAL CRAFT:** May choose a craft to make during class time.
- TEACHER'S HELPER:** Help the teacher with a variety of classroom tasks for the day.

REWARD IDEAS

Our kids work hard and deserve a reward for a job well-done. Food is meant to fuel bodies, not to be a reward. Nonfood rewards promote a healthier school environment by encouraging healthy habits. When students are given candy and other sweets as a reward for good behavior and academic achievement, food becomes a primary motivator in their lives. Because these foods have no nutritional value, using them as rewards contributes with poor eating habits.

Teachers and personnel working with children SHOULD NOT:

- Withhold food as a punishment or consequence for inappropriate behavior or poor academic performance.
- Prohibit or deny participation in physical activity as a consequence for inappropriate behavior or poor academic performance.
- Cancel recess or other physical activity for instructional make-up time.

IDEAS FOR TEACHERS:

- Eat lunch with teacher
- Sit by friends in class
- Extra recess
- "No homework" pass
- Extra computer time
- Stickers, pencils, bookmarks, etc.

IDEAS FOR PARENTS:

- Sleepover
- Movie outing
- "No chore" pass
- Extra allowance



SNACK IDEAS

Snacks give bodies energy to learn, play and grow. The best snacks are a variety of foods and beverages that are rich in nutrients. Healthy snacks are about 100 calories:

- ◆ Fresh fruits & vegetables
- ◆ Whole grain crackers
- ◆ Unsweetened cereal
- ◆ Low-fat popcorn
- ◆ Reduced fat cheese (string, cubes, slices)
- ◆ Yogurt
- ◆ Dried fruit (craisins, raisins, pineapple)
- ◆ Canned fruit (100% juice or light syrup)
- ◆ Pretzels
- ◆ Beef jerky
- ◆ Hard-boiled eggs



These snacks are great during school, after school, bedtime or sporting events and school field trips.

Let your child choose and help prepare snacks.

- ⇒ Buy healthy snack options for your child to choose from.
- ⇒ Let them experiment preparing and sampling new foods.