

Ponderosa Complies With District Wellness Policy 2007-2008

PROMOTING WELLNESS AT PONDEROSA ELEMENTARY

The Meridian School District is implementing a Wellness Plan for all students and staff. This is a multi-pronged plan and involves many different aspects of your child's school day. Some areas of the plan have been in place for a long time (like providing nutritious breakfasts and lunches, scheduling enough time to eat, and providing PE and recess time), others are new to you, the staff, and the students. This year the PE department has increased activity in their health classes, so more activity has been incorporated into your child's school day.

Listed below are more of the new areas of the Wellness Plan that will impact you and your family at school.

Food Sold Outside the School Meal: The food we sell is sold as part of a balanced meal and should be limited to milk, fruits, and non-fried vegetables. There is no access to pop & candy machines.

Snacks: Snacks served during the school day or in after-school programs will contribute positively to children's diets with an emphasis on fruits and vegetables as the snack with water as the beverage. Snacks in class will be healthy foods -- avoiding sweets, chips, and other high calorie low nutrition foods.

Rewards: Our school will not use food or beverages, especially those that do not meet the Nutritional standards for foods and beverages as rewards for academic performance or good behavior. Class rewards will be limited to two food rewards per year. In other words, teachers will provide frequent non-food rewards (like stickers, 5 minutes of extra recess, or being the class helper) and limit class reward parties involving food to twice a year.

Celebrations: Our school will limit celebrations that involve food to no more than one party per class per month. This party should include no more than one food or beverage that does not meet the "healthy foods" standard. In other words, individual Birthdays will be celebrated with non-food recognition and all the birthdays for the month should be celebrated together. Food for that celebration can be a cupcake or cookie with milk or water and fruits and/or veggies, but not a cupcake or cookie and punch. This will take some coordination between parents and the teacher.

Fundraising Activities: School fundraising activities will include alternatives other than food. Schools are encouraged to limit food fundraisers to two per year. Schools will encourage fundraising activities that promote physical activity. In other words, food fundraisers (like movie night selling popcorn and soft drinks or a bake sale) will be limited to two per year. Fundraisers that encourage activity (like a Family Games Night and Jump Rope for Heart) are encouraged.

We at Ponderosa Elementary are committed to promoting a healthy lifestyle for our students, their families, and our staff. If you wish to see a complete copy of the Wellness Implementation Plan 2007-2008, ask in our office.