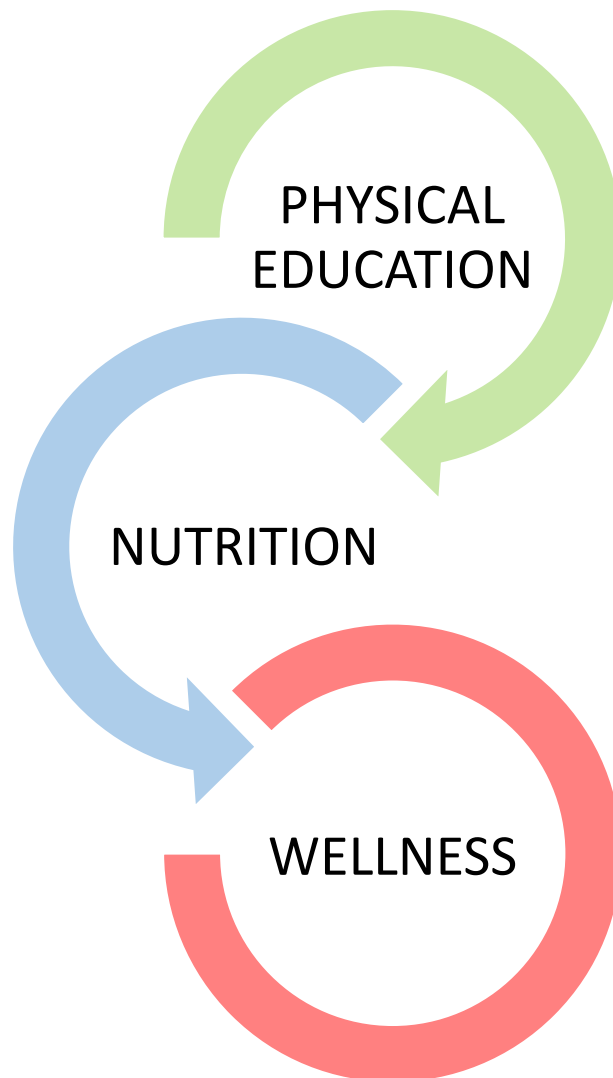


# Atlanta Independent School District

## WELLNESS PLAN ON PHYSICAL EDUCATION AND NUTRITION *(Updated Sept.2022)*



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## RATIONALE

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 the ChooseMyPlate guidelines;

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, the Atlanta Independent School District 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 the Atlanta Independent School District that:

- The school district 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 and the National School Lunch Program). 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.

## POLICY GOALS

The District established the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
3. The District shall ensure that food and beverage advertisements accessible to students during the day contain only products that meet the federal guidelines for meals and competitive foods.

The District established the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

The District established the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
3. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
4. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

## ACHIEVEMENT OF POLICY GOALS

### SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)

The school district and/or individual schools within the district will create, strengthen, or work within the existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council 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, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public).

### HEALTHY, HUNGER-FREE KIDS ACT OF 2010

#### Overview

Strengthen Local Wellness Policy (LWP) and add rules for public input, transparency, and implementation;

#### Elements of the Local School Wellness Policy

In addition to the 2010 requirements, the LWP is also to include Goals for nutrition promotion;

#### Stakeholder Involvement

In addition to the 2010 requirements, the Local Education Agency (LEA) is now required to permit teachers of physical education and school health professionals to participate in the development of LWP;

#### Stakeholder Participation

In addition to the 2010 requirements, the LEA is now required to permit all stakeholders to participate in the implementation and periodic review and update of LWP;

#### Local Discretion

The LEA can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.

The LEA is required to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the LWP.

#### Public Notification

The LEA is required to inform and update the public; including parents, students, and others in the community, about the content and implementation of the LWP. Information will be posted on the district website at [www.atlisd.net](http://www.atlisd.net).

#### Measuring Implementation

The LEA is required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and to describe the progress made in attaining goals of LWP.

## NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- 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
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA), and
- ensure that half of the served grains are 80% whole grain rich

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 and will work towards implementing the offer versus serve option. 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. In the event that a parent desires more detailed information, they should contact their student's campus food services manager.

### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### 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 meals.

### Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast
- will provide students with at least 20 minutes to eat after sitting down for lunch
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1:00 p.m.
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- will provide students access to hand-washing or hand sanitizing before they eat meals or snacks,
- 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. As part of the school district's 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. School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

### Sharing of Foods and Beverages

Individuals are prohibited 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. All lunch room employees and staff are trained to discourage sharing of foods.

### Foods and Beverages Sold Individually

#### Elementary Schools-Beverages

- Drinking water with no added sweetener
- One-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk
- School meal requirements: 100% fruit/vegetable juice diluted with water (with or without carbonation)
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (8 fl. oz.).

#### Middle School-Beverages

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (12 fl. oz.);
- Non-fat milk, flavored or unflavored (12 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (12 fl. oz.); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 fl. oz.).
- A middle school may permit the sale of beverages that do not comply with the above as part of a school event if the sale of those items meets all of the following criteria:
  - The sale occurs during a school-sponsored event and takes place at the location of that event at least one-half hour after the end of the school day, and
  - Vending machines, pupil stores, and cafeterias are used later than one-half hour after the end of the school day.

#### High Schools-Beverages

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (12 fl. oz.);
- Non-fat milk, flavored or unflavored (12 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (12 fl. oz.);
- 100% fruit/vegetable juice diluted with water, and no added sweeteners (12 fl. oz.);
- Other flavored beverages (12 fl. oz.) that are labeled to contain 5 calories per 8 fl. oz., or 10 calories per 20 fl. oz.; and
- Other flavored beverages (12 fl. oz.) that are labeled to contain 40 calories per 8 fl. oz., or 60 calories per 12 fl. oz..

For the purposes of this section, the following terms have the following meanings:

- “Added sweetener” means any additive that enhances the sweetness of the beverage, including added sugar, but does not include the natural sugar or sugars that are contained within the fruit juice which is a component of the beverage, and
- “Sale of beverages” means the exchange of a beverage for money, coupons, or vouchers.
- Foods and Beverages Sold Individually are those items that are sold outside of reimbursable school meals, through vending machines, cafeteria ala carte [snack] lines, fundraisers, school stores, etc.

### Smart Snacks in School

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

### Nutritional Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: 200 calories
- Entrée items: 350 calories

Sodium limits:

- Snack items: 230 mg
- Entrée items: 350 calories

\*On July 1, 2016, snack items must contain 200 mg sodium per item

Fat limits:

- Total fat: 35% of calories
- Saturated fat: 10% of calories
- Trans fat: zero grams

Sugar limit:

- 35% of weight from total sugars in foods

### Fundraising Activities

To support children's health and school nutrition-education efforts, schools will encourage all organizations to use non-food items for fundraising. Schools will also encourage fundraising activities that promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

The following exceptions apply to food item fundraisers:

- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus; or
- The sale takes place off and away from the school campus; or
- Catalogue sales in which products are delivered with the general intent of being consumed outside of the school campus (ex. Ag. Department catalogue sales).

Organizations should check with the Food Service Director prior to selling food during the school day in order to confirm compliance with district policy.

*Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.*

### Rewards

Schools should 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, and will not withhold food or beverages (including food served through school meals) as a punishment. Unless this practice is allowed by a student's individual education plan (IEP).

### Celebrations

Campuses are permitted six (6) celebrations per year.

Suggest not more than one non-compliant food item per celebration.

Celebrations involving food should be held after lunch whenever possible.

*But it's Just a Cupcake ... Typically, food for school celebrations includes cupcakes, candy, cookies and soda. So, what's the harm? There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception. Parties, treats used as classroom rewards, food fundraisers, vending machines, and snacks constantly expose children to high-fat, high-sugar, and low-nutrient choices. Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices wherever food is available (including the classroom) schools can positively influence children's eating habits.*

### School Environment

No marketing, promotions, or advertising of non-nutritious foods on campus

Foods used in classroom lesson must be healthy

Staff is encouraged to model healthy choices

### School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events during the school day should meet the nutrition standards for meals or for foods and beverages sold individually (above). One half hour after school does not have limitations.

## NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

### Nutrition Education and Promotion

The Atlanta Independent School District aims 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
- 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 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 may provide short physical activity breaks between lessons or classes, as appropriate.

### Communications with Parents

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children and emphasize the relationship between student health and academic performance. 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. 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 (above). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. 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.

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 Atlanta Independent School District highly values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Examples include exercise contests, weight-loss contests, and yoga class after school.

## PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

### Physical Education (P.E.) K-12

All students in grades K-5, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education/recess for 135 minutes/week for elementary school students. Students in grades 6-8 will participate in moderate to vigorous physical activity for at least 225 minutes per two-week period for at least four semesters of those three years.

Student's grades 9-12 must complete a minimum of one (1) credit in physical education in order to meet graduation requirements.

All physical education will be taught by a certified physical education teacher(s).

### 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.

### Physical Activity Opportunities Before and After School

All 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.

Enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

### Physical Activity and Punishment

Teachers and other school and community personnel are strongly discouraged from using physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

This provision does not apply to activities in which student receive state physical education credit (ex. high school/middle school athletics and/or high school/middle school band).

### 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.

## 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 school district 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 school district 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 three years, the district will request from the state agency that a SMI review be scheduled as soon as possible. The wellness policy committee will convene annually to review the policy, make changes & verify compliance.

### Policy Review

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. These results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

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, and *WellSAT 3.0* from the Institute for Research and Policy. Results of assessment findings will be made available at [www.Atlisd.net](http://www.Atlisd.net).

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 school district 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. Individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## 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/fitthealthy.mgi](http://www.nasbe.org/HealthySchools/fitthealthy.mgi)>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <[www.iom.edu/report.asp?id=22596](http://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%20120204final.pdf](http://www.actionforhealthykids.org/docs/specialreports/LC%20Color%20120204final.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](http://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

### School Health Councils

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society  
<https://www.dshs.state.tx.us/schoolhealth/csh.shtm>

### 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/HealthyYouthInNutrition/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](http://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/](http://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](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)>
- *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-IL* 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/SNDAILfind.pdf](http://www.cspinet.org/nutritionpolicy/SNDAILfind.pdf)>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <[www.eatright.org/Member/Files!Local.pdf](http://www.eatright.org/Member/Files!Local.pdf)>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <[www.eatright.org/Public/NutritionInformation/928243.cfm](http://www.eatright.org/Public/NutritionInformation/928243.cfm)>
- *Healthier US School Challenge*, U.S. Department of Agriculture,



<[www.fns.usda.gov/tn/HealthierUS/index.htm](http://www.fns.usda.gov/tn/HealthierUS/index.htm)>

- *Breakfast for Learning*, Food Research and Action Center, <[www.frac.org/pdf/breakfastforlearning.PDF](http://www.frac.org/pdf/breakfastforlearning.PDF)>
- *School Breakfast Scorecard*, Food Research and Action Center, <[www.frac.org/SchoolBreakfastReport/2004/](http://www.frac.org/SchoolBreakfastReport/2004/)>

### **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)
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute <[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://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/schoolfoodstandards/schoolfoodstandpdfs/Nutrition%20Standards%20Report%20-%20Final.pdf](http://www.publichealthadvocacy.org/schoolfoodstandards/schoolfoodstandpdfs/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/statepolicies2002.htm](http://www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/statepolicies2002.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/](http://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/FoodsSoldinCompetitionwithUSDA\\_SchoolMealPrograms.pdf](http://www.cspinet.org/nutritionpolicy/FoodsSoldinCompetitionwithUSDA_SchoolMealPrograms.pdf)>
- *FAQ on School Pouring Rights Contracts*, American Dental Association, <<http://www.ada.org/public/topics/softdrinkfaq.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/fvgalore.html](http://www.fns.usda.gov/tn/Resources/fvgalore.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/SchoolFoodServiceGuide.html](http://www.shop5aday.com/acatalog/SchoolFoodServiceGuide.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](http://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](http://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](http://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](http://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/teamcenter/teamresources/AL/N&PA%201%20-%20Fundraising.pdf](http://www.actionforhealthykids.org/AFHK/teamcenter/teamresources/AL/N&PA%201%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](http://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](http://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](http://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%203%20-%20parties.pdf](http://www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%203%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/filelibrazy/2372/15801.pdf>>

### Health Education

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

### Nutrition Education and Promotion

- <http://www.actionforhealthykids.org/events>
- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[www.fns.usda.gov/tn!Educators/index.htm](http://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/powerofchoice.html](http://www.fns.usda.gov/tn/resources/powerofchoice.html)>
  - *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <[www.eatright.org/Public/index19218.cfm](http://www.eatright.org/Public/index19218.cfm)>

### Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)>
- [www.gonoodle.com](http://www.gonoodle.com)
- *Energizers*, East Carolina University, <[www.ncpe4me.com/energizers.html](http://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](http://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/pctfs/foodpromotiontochildren.pdf](http://www.foodstandards.gov.uk/multimedia/pctfs/foodpromotiontochildren.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://whglbdoc.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](http://www.gao.gov/new.items/d04810.pdf)>

### Eating Disorders

- Academy for Eating Disorders, <[www.aedweb.org](http://www.aedweb.org)>
- National Eating Disorders Association, <[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)>
- Eating Disorders Coalition, <[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)>

### **Staff Wellness**

- *USDA Smart Snacks in School*
- *Health, Hungry-free Kids Act of 2010*
- *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/HealthyWorkforce2010.pdf](http://www.prevent.org/publications/HealthyWorkforce2010.pdf)>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <[www.welcoa.org/wellworkplace/index.php?category=7](http://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](http://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](http://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**

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. <<http://member.aahperd.org/template.cfm?template=ProductDisplay.cfm&Productid=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.orgffemplate.cfm?template=ProductDisplay.cfm&Productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdffiles/paspapers/substitution.pdf](http://www.aahperd.org/naspe/pdffiles/paspapers/substitution.pdf)>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <[www.pe4life.org/articles/blueprint2004.pdf](http://www.pe4life.org/articles/blueprint2004.pdf)>

### **Recess**

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdffiles/pospapers/currentres.pdf](http://www.aahperd.org/naspe/pdffiles/pospapers/currentres.pdf)>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, <[www.opi.state.mt.us/schoolfood/recessBL.html](http://www.opi.state.mt.us/schoolfood/recessBL.html)>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <[www.nfsmi.org/Information/Newsletters/insight24.pdf](http://www.nfsmi.org/Information/Newsletters/insight24.pdf)>
- The American Association for the Child's Right to Play, <<http://www.ipausa.org/recess.htm>>

### **Physical Activity Opportunities Before and After School**

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdffiles/pospapers/intramuralguidelines.pdf](http://www.aahperd.org/naspe/pdffiles/pospapers/intramuralguidelines.pdf)>

- *The Case for High School Activities*, National Federation of State High School Associations, <[www.nfhs.org/scriptcontent/vacustom/vimdisplays/contentpagedisplay.cfm?contentid=71](http://www.nfhs.org/scriptcontent/vacustom/vimdisplays/contentpagedisplay.cfm?contentid=71)>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, <[www.aahperd.org/naspe/pdffiles/pospapers/RightandResponsibilities.pdf](http://www.aahperd.org/naspe/pdffiles/pospapers/RightandResponsibilities.pdf)>

### **Monitoring and Policy Review**

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[www.fns.usda.gov/tn/Healthy/changing.html](http://www.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[www.actionforhealthykids.org/docs/specialreports/reportsmall.pdf](http://www.actionforhealthykids.org/docs/specialreports/reportsmall.pdf)>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368&section=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productid=726&section=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727&section=S>