

SHS Wellness Guidelines

The federal government is requiring all school districts to develop a Wellness Policy. St. Hubert School has implemented these guidelines that are intended to encourage wellness.

School Guidelines

Food and beverages offered over the course of a school week are nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet. Foods and beverages available minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans. Menus meet or exceed regulatory nutritional requirements.

SHS encourages and supports healthy eating by students and staff and engage in nutritional promotion. Healthy kids learn better!

Non-food rewards and incentives will be used whenever possible as the first choice to encourage positive behavior. School staff uses food and candy as a reward sparingly.

St. Hubert will try to limit celebrations that involve food during the school day to special occasions. We are exploring alternative ways to recognize birthdays. Please talk to your child's teacher for suggestions. Moderation is the key!

Suggested changes to be made:

When students bring lunches and snacks from home, we ask that they are healthy. Snacks should have less than 35% sugar (by weight) and less than 35% of calories from fat.

For classroom or birthday celebrations, we recommend that you bring healthy or non-food items. To help families plan, we have listed some ideas and suggestions called Healthy Eats for Kids. Please consider choosing an alternative for recognizing your child's birthday.

For the safety of each student and to accommodate those with food allergies, St. Hubert School requires that any food brought to school for class consumption is store-bought and pre-packaged. All food MUST have a label showing the ingredients.

Since parents and teachers are such powerful role models, we really have an opportunity to show our children what healthy eating is all about!

Healthy Eats for Kids!

We would like to suggest the following ideas for celebrating your child on his or her birthday:

Non-food Items

- Pencils
- Books
- Donate \$ to charity in class name
- Donate a book to the classroom
- Make a PROP donation as a family in honor of your child
- Kids Choice with teacher approval (i.e. 10 min recess, bring a favorite book and have it read to the class, choose your favorite song and everyone can sing it/play it)

Classroom Snack and Party Suggestions

- Fresh Fruits
- Fresh Vegetables
- Canned fruits in natural or light juices
- Raisins or other dried fruit
- Prepackaged natural applesauce

Grains (1.5 or less)

- Whole grain crackers
- Unsweetened cereals
- Unbuttered popcorn
- Triscuits/Wheat Thins
- Trail Mix
- Pretzels
- Graham or animal crackers
- Goldfish crackers
- Munchies Kids Mix
- Baked chips

Miscellaneous

- Low-fat cheese
- Pudding
- Salsa
- Lowfat Yogurt
- Vegetable dip

Cereal Bars (2 oz. or less)

- Multigrain bars
- Quaker Oatmeal bars
- Rice Krispies Treats
- Fiber One bars

Bakery Items

- Bagels
- English Muffins
- MINI muffins
- Whole grain breads

Beverages

- Bottled Water
- Flavored Water (0 calorie)
- Low-fat milk
- 100% fruit juice
- 100% vegetable juice

Foods to Avoid

Cake, candy, donuts, cookies, pop, fruit juice that is not 100% juice, fruit gummy snacks, artificial sweeteners

We hope this helps all of us plan for a healthy, happy school year! Our wellness guidelines are a work in progress and we welcome your ideas and suggestions. Please feel free to contact Denise Garcia-Heise with any thoughts you have regarding these Wellness Guidelines.

(Revised 9/08)