

New Haven Public Schools SCHOOL WELLNESS MANUAL



**Comprehensive
Health Education**



**Physical Education &
Physical Activity**



**Physical Health
Services**



**Nutrition & Food
Services**



**Behavioral Health
Services**



**Healthy, Safe &
Positive School
Environment**



**Youth, Family &
Community Involvement**



**Staff Health
Promotion**

Prepared by:



Table of Contents

Coordinated School Health:

The New Haven Public School district follows the Center for Disease Control’s (CDC) Coordinated School Health (CSH) approach to school wellness. This model values the physical, mental and environmental health of students, teachers, parents and community. The CSH is recommended as an effective strategy for creating healthy school environments that promote health and learning for all students. CSH is made up of eight inter-related components, and this manual is arranged by these components.

Wellness in New Haven Public Schools	2
Key Accomplishments of the District Wellness Committee with District Partners.....	3
District Wellness Committee, Core Members.....	4
Highlights from the District Wellness Plan:	5
Overview of the District Wellness Plan: 50 Policies and Recommendations for all Schools based on the Coordinated School Health Components.....	6
Details of Policies/Recommendations by Coordinated School Health Components:	
Comprehensive Health Education	9
Physical Education & Physical Activity	10
Health Services	11
Nutrition & Food Services.....	13
Behavioral Health Services	15
Healthy, Safe & Positive School Environment.....	16
Youth, Family & Community Involvement.....	17
Staff Health Promotion.....	18
Resource Sections	19
Selected Flyers & Handouts for Copying.....	31

WELLNESS in NEW HAVEN PUBLIC SCHOOLS

New Haven Public Schools

Administrative Office
Gateway Center
54 Meadow
Street
New Haven, CT 06519

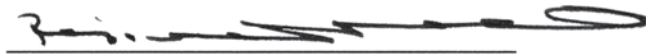
July 1, 2013

Dear NHPS Colleagues, Parents, Students and Community Partners,
Our district understands the significant impact that daily health behaviors of children has on their health status, ability to focus and learn, long-term success in school, and in life. We are locally and nationally recognized for our commitment to improve student health and for making schools healthier learning environments through multiple efforts, including: strong curriculum; school based health centers; healthier school meals; salad bars; an expansive reconstruction program providing state-of-the-art schools with new gymnasiums, playgrounds, cafeterias and bike racks; school gardens and engaging exer-gaming equipment stations in 28 schools.

Our District Wellness Committee (DWC), formed in 2001, is comprised of district and community partners who are committed to making all schools healthy environments that promote learning . It develops an annual school action plan, which was ranked #1 in the State, and has created this *School Wellness Manual* for schools that describes the State mandates, policies , and recommendations from the plan in a more user-friendly form. The DWC also established and supports school wellness teams that address school health priorities and implement health campaigns and other initiatives that promote health and wellness of students, staff and families.

This manual was created as a reference for staff and parents to guide school activities and policies that promote healthy behaviors and create a healthier school environment. We hope that you/your staff find it useful , and that it will provide clarity about what is expected to make all our schools more health-promoting learning environments.

Yours in Health,



Dr. Reginald Mayo
Superintendent
New Haven Public Schools



William Clark, Esq
Chief Operating Officer
New Haven Public Schools
Co-Chair: District Wellness Committee



Sue Peters, APRN, MPH
Director, School initiatives
Community Alliance for Research & Engagement
Co-Chair: District Wellness Committee

KEY ACCOMPLISHMENTS of the DISTRICT WELLNESS COMMITTEE with DISTRICT PARTNERS

PAW-Physical Activity & Wellness Program:

- School Wellness Teams-Established in 18 schools (paid facilitator & diverse school staff)
- PAW program grants-Provide annual funding for PAW health campaigns/activities
- Health Heroes: Social marketing program with student, staff and family challenges organized by SWTs-6 schools

Health 4 Achievement Grant (H4A): *5 year NIH grant partnership w/NHPS and Yale (CARE and RUDD Center)*

- Identifies and promotes positives health factors that affect health and achievement outcomes

Physical Activity:

- Take 10! and/or ABC for Fitness: classroom-based physical activity programs (K-8 schools)
- Walk Across America-Pedometer program integrated in math/social studies
- Recess encouraged-implementation decided by principals
- Mighty Milers Program-through H4A partnership

Nutrition:

- Salad bars in all schools
- Food Service: Eliminated fried foods, junk food in vending machines, flavored milk, sale of snacks in K-8; replaced high fat with low fat foods, and all meals/snacks from food service are “peanut” free.
- Cafeteria as Learning Labs-Computer menu boards, PSAs, demonstrations, and themed décor-6 schools
- School gardens-hands on nutrition education
- Mentored students in nutrition/physical activity science fair projects, and annually sponsor health prizes for fair
- Cooking Matters conducted workshops in many schools to teach fresh and healthy cooking to children and their families
- Common Ground School opened a School Garden Resource Center supporting nearly a dozen schools in revitalizing their gardens or starting new ones, and connecting the gardens to the classrooms

Student Supports/Engagement:

- BOOST!-NHPS-United Way-City partnership to provide targeted wraparound services to students: Established 5 schools in 2010-2012, 6 schools 2012-2013, expansion to 5 more in 2013-2014.

Staff Wellness:

- Offered free Weight Watchers to all staff district-wide: 2011-2012
- Led district-wide “Quit & Win” smoking cessation contest: 2011-2012
- Increased staff health assessments and service access with City Wellness Program coordinator

School Environment:

- School Gardens – Established and/or supported school gardens in 8 school & expanding
- AED Defibrillators mounted in all schools
- Hand sanitizer dispensers in all school cafeterias and other strategic locations
- Indoor air quality program
- 100% Green Cleaning products used in all schools
- Recycling and Energy conservation programs supported by facilities department

Health Education:

- Identified and purchased comprehensive health education curriculum for district
- Beginning phase-in of health education curriculum in K-6 grades: 2013-2014

Parent/Community:

- Parent University New Haven – established by NHPS in 2012-2013, citywide and in neighborhoods, with New Haven Promise, United Way of Greater New Haven and broad-based steering committee
- Hired and support Parent Advocates to increase parent community & engagement – 12 schools
- Created and equipped designated parent rooms in 12 schools

DISTRICT WELLNESS COMMITTEE, CORE MEMBERS

Co-Chairs:

- Will Clark, Chief Operating Officer , New Haven Public Schools
- Sue Peters, Director: School Initiatives, CARE (Community Alliance for Research & Engagement)

New Haven Public Schools:

1. Richard Therrien: Science Supervisor
2. Susan Weisselberg: Chief of Wraparound Services
3. John Vigliotti: Physical Education Department
4. Carlos Ceballos: Coordinator: School Based Health centers
5. Sarah Maver: Food Service Manager
6. Abbe Smith: Director of Communications

New Haven Health Department:

1. Mario Garcia, MD: Health Director
2. Steve Updegrove, MD, MPH: School Medical Advisor
3. Anne Somsel: Supervisor of School Nurses
4. Jeanne Zdanys: Nurse Practitioner/PAW facilitator at Katherine Brennan school based health center

CARE: Community Alliance for Research & Engagement

1. Sue Peters: Director-School Initiatives
2. Suzette Benitez: School Program and Marketing
3. Dominique Pepe: School Coordinator

RUDD Center for Obesity and Food Policy

1. Margaret Read: Research Associate

City Wellness Program: For City of New Haven employees

1. Joanne Cavadini: Wellness Program Coordinator

New Haven Food Policy Council/City Seed

1. Tagan Engel: Community Food Systems Coordinator

Hispanic Health Council:

1. Katie Morel: Health Education Coordinator

Cornell Scott-Hill Health Center:

1. Jill Meyerhoff: Community Health Educator

Teach Our Children:

1. Brian Springsteen: Youth Unleashed Committee

HIGHLIGHTS from the DISTRICT WELLNESS PLAN: 2017-2018

NEW HAVEN PUBLIC SCHOOLS – DISTRICT WELLNESS COMMITTEE

Below are selected policies and recommendations from the New Haven Public School's Wellness Plan, developed by the District Wellness Committee. This diverse committee, with representatives from the school district and the community, collaborates to develop an annual School Wellness Plan with policies and recommendations to make schools safe, supportive and healthy environments for all students, staff and families. A new concise 'School Wellness Manual' describes what is mandated or recommended in schools, and has resources to facilitate implementation. The Manual will be distributed to all schools, and will be available to students, parents, teachers and the community at www.nhps.net.

HEALTHY FOOD

Meal Times

School meals will be healthy and tasty, and will meet or exceed federal nutrition requirements. Students will have at least 10 minutes to eat breakfast and 20 minutes for lunch. The only beverages given or sold to students are water, milk and 100% fruit juice.

In School Celebrations

It is recommended that schools use nonfood items or do special activities to celebrate birthdays, events and accomplishments. If schools do choose to allow food for celebrations it is recommended that it be healthy food.

Ideas for nonfood celebrations:

- Have students lead an outdoor class activity or game
- Read a special book to the class or play a special game
- Create a class birthday card, book or poster

Fund Raisers

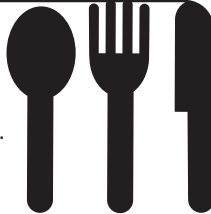
All foods and beverages sold in schools during the school day must be nutritious. This includes food sold as fundraisers. Healthy fundraising ideas:

- Host fun events such as auctions, raffles, car washes, talent shows and teacher spelling bees
- Sell useful items such as spirit gear, wrapping paper, magazines, candles, garden seeds and coupon books.

Rewards

New Haven Public Schools encourage positive behavior management in schools. Physical activities are encouraged to be used as a reward, such as fun runs, extra time in outdoor recess, or exergaming time.

Food and beverages should not be used by teachers or staff to reward student academic achievement or good behavior.



PHYSICAL ACTIVITY

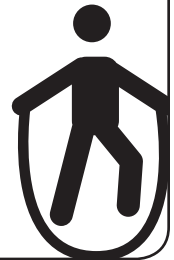
Daily Physical Activity:

To meet the state mandate requiring all elementary students to have daily physical activity, and for students to embrace regular physical activity as a personal behavior, schools will offer opportunities for physical activity such as:

- Recess
- Classroom based physical activity (ex. ABC for Fitness or Take 10!)
- Pedometer programs such as Walk Across America
- Exergames

Physical Activity-Policy

New Haven Public Schools do not allow teachers or staff to withhold physical activity such as gym class and recess as punishment or for any other reason. Additionally, forced physical activity may not be used as a punishment.



HEALTH EDUCATION

Curriculum

A new Comprehensive K-12 health education curriculum, The Michigan Model for Health, will be phased in over a three year period beginning in 2013-2014 with grades K-6.

Healthy Environment-Hand Washing

Schools will provide students with access to hand cleansing at sinks or hand sanitizing stations before they eat meals or snacks and hand cleansing will be promoted to students by staff.



BEHAVIORIAL HEALTH

Each school will:

- Have a zero tolerance bullying policy
- Provide information on and access to community programs and services
- Encourage positive behavior management techniques and supports for staff and parents



FAMILY SUPPORTS

Schools will endeavor to have a parent liaison or advocate available to parents to build parent community and serve as a support, advocate and resource to parents. Schools will work to strengthen parent-school partnerships.



OVERVIEW of the DISTRICT WELLNESS PLAN: 50 POLICIES and RECOMMENDATIONS for all SCHOOLS based on the COORDINATED SCHOOL HEALTH COMPONENTS

Comprehensive Health Education Overview

New Haven Public Schools provide health education in accordance with state and federal law to all students. Recognizing that health education has a positive impact on student health, behavior, and academic success, schools will teach Health Education as a stand alone curriculum, as it becomes available from the district, and are encouraged to integrate health education into other curricula during the school day. The NHPS District will be rolling out a K-12 comprehensive Health Education curriculum over the next 3 years.



1. District leadership has approved a phased in implementation of a new comprehensive K-12 Health Education Curriculum, Michigan Model for Health, beginning with K-6 grades in 2013-2014.
2. Schools, through their School Wellness Teams, will promote health behaviors identified as school health priorities through the use of school-wide campaigns, contests, or other activities that involve all students and staff.
3. Schools should integrate physical/emotional health behavior skills into the curriculum during the school day.
4. Schools will offer Nutrition Education that is enjoyable, developmentally appropriate, and culturally-relevant, as part of a sequential, comprehensive, health education curriculum. Additional nutrition education should include specific science instruction in nutrition and foods in grades 2, 5 and 10. In other grades nutrition educations should be tied to the curricula in other subjects.
5. Schools will have a school garden program that offers students place-based experiences that deeply impact their understanding of food, health, nature, and community.

Physical Education & Physical Activity Overview

All Students will receive physical education and integrated daily physical activity to promote good physical and emotional health, improve social skills and increase their capacity for academic learning.



6. All Students will receive physical education and daily physical activity aligned with state and federal mandates.
7. All elementary school students will have 20 minutes of daily physical activity in accordance with the provisions of Section 10-221o of the Connecticut General Statutes.
8. School and community personnel will not use physical activity or withholding physical activity (i.e., PE or recess) as punishment per State Statute.
9. Coaches will appropriately assess students for possible concussions and restrict them from play when needed in full compliance with Connecticut law.
10. Physical activity as a personal behavior will be encouraged through increased opportunities for afterschool and extracurricular physical activity.
11. An effort will be made to make it safer and easier for students to walk and bike to school.

Physical Health Services Overview

Health services are designed to ensure access or referral to primary health care services, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.



12. School nurses will address the health and safety of students through the application of state statutes and mandates as well as local requirements and the provision of essential services.
13. Students who are non-compliant with statutory requirements regarding mandated physicals exams, immunizations and other health requirements for entry into the schools will be excluded, as required by State Statute.
14. The Health Department maintains active health records for students currently enrolled and inactive health records for students no longer enrolled or who graduated, as required by State Statute.

15. Children without insurance or a primary care provider are identified and referred to appropriate community services, as required by State Statute.
16. All state mandates regarding organized athletic activities in the NHPS are met and policies and procedures are in place to promote safety and respond to health issues that may arise.
17. The School Medical Advisor provides expertise to the Board of Education and the School Nursing Program for both its schools and pre-K programs, as required by State Statute.
18. In the absence of a school nurse, the principal has responsibility for assuring necessary health services are provided.
19. School Based Health Clinics provide comprehensive preventive and primary health care services to students at school.
20. Services are provided to address identified priority health needs: mandated health screenings; immunizations; asthma; allergies; concussions; tuberculosis; and other communicable illnesses.
21. A process will be developed for their early identification and appropriate placement of students with special health needs.
22. Oral health will be promoted in the schools through a variety of means such as oral health education and dentist visits.
23. To facilitate matriculation, a Children's Clinic is conducted at the beginning of the school year for children seeking entry into New Haven schools.

Nutrition & Food Services Overview

Healthy Kids First! New Haven Public Schools strives to create a healthy food environment for all students in accordance with all Connecticut and Federal school nutrition requirements. NHPS aims to serve delicious, healthy whole foods while minimizing highly processed foods.



24. Students will have at least 10 minutes for breakfast and 20 minutes for lunch, and students must be permitted to eat during any meetings or activities scheduled during mealtimes per Federal Law.
25. The School Food Service Program will provide all food and beverages sold to students during meal times. Food will be sold as balanced meals. Competitive foods will not be sold during breakfast and lunch per Federal Law.
26. All food offered to students on school grounds at any time (including during fundraisers, snacks, celebrations, and school-sponsored events) should meet federal and state nutrition standards that are required during the school day.
27. Schools will not withhold food or beverages (including food served through school meals) as a punishment in accordance with NHPS district policy.
28. Food and beverage marketing on school grounds will be consistent with nutrition education and health promotion in accordance with NHPS district policy.
29. Schools will not use foods or beverages as rewards for academic performance or good behavior in accordance with NHPS district policy.
30. Activities and celebrations that involve food during the school day should be limited to no more than one per class per month.
31. The District will support parents' efforts to provide a healthy diet for their children.
32. Schools should discourage students from sharing food/beverages given allergy concerns.

Behavioral Health Services Overview

Behavioral health services are provided to improve students' mental, emotional, and social health and include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment.



33. Each school will have zero tolerance bullying policy.
34. Schools will compile information annually on their assets in the social, emotional and behavioral domain of wraparound services and will work cohesively so that students have access to community programs and services that can help students contribute positively to their family, school, and community.
35. Each school will encourage positive behavior by students, teachers, administrators, and other staff.

Healthy, Safe & Positive School Environment Overview

To ensure a healthy, safe and positive school environment for all students, this includes the physical and aesthetic surroundings. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.



36. The management of pests in the school environment requires an integrated approach that stresses both prevention and safe use of chemicals and other means for control and eradication per State Statute.
37. Create, distribute and regularly update a Crisis Management Book which will include emergency action plans for a variety of situations ranging from weather to security to biohazard emergencies per State Statute.
38. A green cleaning program that meets state mandates and whose products meet approved standards/guidelines will be developed.
39. Procedures for the maintenance of school facilities will be developed to ensure indoor air quality and a prevention program for the ongoing protection of indoor air quality in all of its facilities per State Statute.
40. As required by the State, each school will have an automatic external defibrillator (AED) and school personnel trained in AED operation and CPR.
41. Radon testing in New Haven school buildings will be performed at appropriate intervals by radon measurement professionals who are appropriately trained per State Statute.
42. A program to identify friable and non-friable (ACM) asbestos-containing material in any school facilities will be developed and whenever necessary appropriately trained individuals for any remediation efforts will be deployed as required by the State Statute.
43. The District will comply with all OSHA mandates including training and maintaining proper paperwork for the following: 1) Slip, Trip and Fall Training; 2) Blood borne pathogens; 3) Proper bending and lifting techniques; and 4) Hazardous Materials.
44. The District will comply with all regulations and standards for safety inspections of facilities and equipment.
45. Energy Volunteer Program designed to conserve energy and reduce the carbon footprint by training the end users to take an active role through behavior modification will be developed.
46. Schools will provide students access to hand cleansing at sinks in bathrooms or hand sanitizing stations elsewhere before they eat meals or snacks.

Youth, Family & Community Involvement Overview

Parents, families and community are vital to the success of students and schools in New Haven.

The New Haven Public Schools seek to further develop and strengthen partnerships with community agencies, parents and staff to increase the overall wellness of our students, staff and school communities.



47. NHPS will seek to further develop and strengthen partnerships with community agents as sources of wellness related programs, resources and expertise.
48. NHPS is committed to reaching out to parents to encourage healthy lifestyles along with scholastic achievement.

Staff Health Promotion Overview

The District highly values the health and well-being of every staff member and therefore, will seek to further develop an environment that supports personal efforts by staff to maintain a healthy lifestyle.

49. NHPS will expand the Employee Wellness Program to support the health and well-being of every staff member.
50. Teachers are role models for their students and are asked to support the work of the District Wellness Committee.



DETAILS of POLICIES/RECOMMENDATIONS by COORDINATED SCHOOL HEALTH COMPONENTS



Comprehensive Health Education

1. Health Education Curriculum

Beginning 2013-2014 the Michigan Model for Health will be phased in through the next 3 school years. Teacher trainings for the K-6 curriculum will occur in the Fall of 2013.

2. Additional Wellness Education Efforts

Every school should have a school wellness team and is expected to implement at least 2 school-wide health campaigns each year. School Wellness Teams must promote health behaviors identified as school health priorities.

3. Nutrition Education and Promotion (Resource #1)

Nutrition Education should:

- Include training for teachers and other staff
- Link with school meal programs and nutrition-related community services
- Teach media literacy with an emphasis on food marketing
- Include participatory activities such as contests, promotions, taste-testing, farm visits, and school gardens
- Schools with school-based health centers (SBHC) and computer labs should enhance nutrition education by using health promoting computer programs/websites. SBHC can provide schools with information, presentations, groups and individual counseling about health/nutrition topics

4. School Gardens

Schools will utilize the School Garden Resource Center and Environment Education Center at Common Ground School. This program offers school field trips, school garden support and curriculum links, and continuing education for teachers in environmental education and gardening.

To Support these policies and recommendations the NHPS District has:

- Implemented 8 health lessons (4 reproductive/4 nutrition) in the 5th grade curriculum
- Partnered with the Hispanic Health Council, to offer schools to opportunity to expand their health education offerings, including a multi-cultural puppet show focused on nutrition education and healthy behavior promotion for grades K-3
- Partnered with UConn Extension Service to provide a variety of resources to students and families, including multi-lingual nutrition workshops, healthy food taste tests, and cooking demonstrations for parents
- Initiated Health Heroes: The District's incentive-based Social Marketing Initiative focused on promoting healthy behaviors for eight-week periods (available in 5 schools)
- Integrated Nutrition Detectives, a program that educates elementary students how to read food labels and how to make healthy choices, into the 5th grade science curriculum



Physical Education & Physical Activity

5. State and Federal Standards:

- 60 minutes/week for elementary students
- 90 minutes/week for middle school students
- Up to 120 minutes/week for at least one of the four years for high school students

- ◆ Students will be exposed to a variety of activities
- ◆ Students will engage in moderate to vigorous physical activity for at least half of the PE period
- ◆ All classes will be taught by a certified physical education teacher in a ratio not to exceed 1:27

6. Daily Physical Activity

State and Federal standards:

- All elementary school students will have daily physical exercise for 20 minutes in accordance with the provisions of Connecticut General Statutes Section 10-221o. Other grades will have daily activity in accordance with PE standards.
- Recess will be provided
- Teachers should discourage extended sitting
- Physical activity should be encouraged in and out of the classroom (Resource #2)

7. Physical Activity and Punishment

Physical activity will not be withheld or used as punishment.

- Students will not be asked to do any type of physical activity as punishment
- Recess and Physical Education class will not be withheld as punishment

8. Safety and Sports

- The district will provide training for all coaches and staff in appropriate assessment techniques.
- Students will be restricted from playing until such time that students can be fully evaluated and cleared to safely resume athletic activities.

9. Broad Impact on Student Physical Activity Goal

Physical Activity opportunities should be available during, before and after school.

- Physical activity should be integrated throughout school day
- Curriculum should link and reinforce knowledge and self management
- Opportunities for extracurricular activities will be provided at each school
- Opportunities for interscholastic sports will be provided at each school
- Afterschool childcare programs will provide daily periods of moderate to vigorous physical activity
- NHPS schools encourage community access to building facilities and equipment
- Use of exergaming equipment
- Information on PA opportunities will be posted on city and school websites and through New Haven Youth Map (Resource #3)

10. Walking and Biking to School

The District will make efforts to make it safer and easier for students to walk and bike to school.

- The district will partner with public works, public safety, police department and community organizations
- The district will install bike racks at schools
- The district will encourage use of public transportation when available and appropriate



Health Services

11. School Nursing Program

The New Haven Health Department oversees the school nursing program. School nurses address the health and safety of students through the application of state statutes and mandates as well as local requirements and the provision of essential services.

The services provided by the school nurse include but are not limited to:

- Screening for compliance with immunizations and physical exams for school entry requirements (*CT State Mandate*)
- Providing care and case management for students with chronic diseases
- Obtaining individualized health care plans and medication orders
- Providing and monitoring safe administration and storage of medications (*District Policy*)
- Providing first aid diagnosis and treatment of minor illness/injuries/allergies
- Providing mandated hearing and vision screenings and referrals (*CT State Mandate*)
- Performing special care nursing services
- Participating in PPTs, 504 plans, IEPs, DCF referrals
- Maintaining the school health records during and after the students' school years
- Offering health education and wellness programs for students and staff
- Collaborating with school based health centers where available

12. Extramural Sports

Ensure all state mandates regarding organized athletic activities in the NHPS are met and policies and procedures in place to promote safety and respond to health issues that may arise.

- Sport physicals are required for students to participate in extramural sports, as required by State Statute.
- Trainers will attend home games of all sports and away games/meets for lacrosse, football and any tournaments.
- A staffed ambulance is available for home lacrosse and football games as well as for the PE on the Green, Fitness Fund Run and the Rotary track events.
- Ensure coaches receive training about health and safety issues to cover all extramural athletic activities, that coaching staff meet state requirements for regular re-certification, and that coaching staff have taken the injury prevention module. The BOE will offer the injury prevention module itself and make staff aware of when it is offered elsewhere in the Region.
- Conduct multi-district Captain's Council education sessions during the school year. Health and safety issues will be a regular part of these educational trainings.

13. Health Services in Absence of School Nurse

The principal has responsibility for assuring necessary health services are carried out in the absence of a school nurse.

- Responsibilities range from dispensing routine prescribed medications to caring for minor illnesses and injuries to responding to urgent or emergent matters.
- All staff responsible for the delivery of care in the absence of a nurse must have had training in those aspects of care that they are expected to deliver.



Health Services *continued*

14. Services for Priority Health Needs

- Asthma: Asthma management services consistent with recognized best practices will be provided. The School Nursing Program’s “Standards for the Management of Asthma in the Schools” is the basis for asthma management services. The School Nursing Program will promote and track the use of Asthma Action Plans (AAPs) for all school children.
- Allergies: Food Allergy Policy seeking to prevent serious food and other allergic reactions as well as to manage effectively any that might occur will be developed, as required by State Statute. School nurses collaborate with parents, primary care providers, and appropriate school staff to develop emergency care plans for each child at risk. School nurses disseminate this to and, where appropriate, train all staff who need to play a role in the child’s allergy prevention and management.
- Concussions: A policy will be developed and implemented to address the prevention, identification and management of concussions including the step-wise re-integration of students into physical and academic activities. Appropriate school staff will be trained in injury prevention and the identification of possible concussions that may occur either in or out of school. A policy will be developed to ensure students’ safe, step-wise re-integration into physical activities and academics
- Tuberculosis (TB): A policy regarding the identification of students who are at high risk for tuberculosis will be enforced. Ensure students who are at high risk have had appropriate screening and care management before being permitted entry into the schools. High risk students may be excluded if timely screening and care management are not completed.
- Other Communicable Illnesses: Children suspected of having a communicable illness that could pose risks to others could be separated from others and will be referred for evaluation and appropriate care.

15. Children with Special Health Care Needs

- Individualized Health Plans (IHPs) are developed by the school nurse for students with identified special health care needs.

16. Oral Health Services

- Promote the use of drinking water from the tap given that New Haven water is fluoridated and this is recognized as a powerful preventive strategy against tooth decay.
- Take all reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).



Nutrition & Food Services

17. Timing of Meals

- Students will have at least 10 minutes for breakfast and 20 minutes for lunch. Meetings and activities can only be scheduled during mealtimes if students are allowed to eat. (Federal Mandate)
- Schools should arrange bus schedules that will allow students to participate in the breakfast program.
- Schools should schedule lunch to follow recess.

18. School Food Service Program

- The School Food Service Program will provide all food and beverages sold to students during meal times. Food should be sold as balanced meals with any individual foods or beverages meeting specific nutrition standards detailed below in accordance with CT and Federal School Nutrition standards.
- Qualified nutrition professionals will administer the school meal programs. The District will provide continuing professional development for all nutrition professionals in schools.
- Free drinking water will be accessible at all schools during meal times. (Federal Mandate)
- Schools should explore participation in alternative breakfast programs such as breakfast in the classroom and grab-and-go breakfast.
- Vending machines will contain only water and 100% real fruit juice that meet state beverage statutes, and snacks that meet the Connecticut Nutrition Standards.
- Middle and High Schools: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte snack lines, vending machines, student stores, or fundraising activities) during the school day, or through school run programs for students after the school day, will meet the Connecticut Beverage Requirements and the Connecticut Nutrition Standards for nutritional content and portion size.
- Schools should pursue receiving reimbursements through the National School Lunch After School Snack Program if they choose to serve snacks after school.
- Schools open during the summer should offer the Summer Food Service Program for at least 6 weeks between the last day of the academic school year and the first day of the following school year (preferable throughout the entire vacation) if more than 50% of students are eligible for free or reduced-priced school meals.

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

- Be appealing and attractive to children
- Include no fried vegetables, chicken nuggets, or sweetened beverages of any kind
- Maximize use of locally sourced fruits and vegetables
- Be peanut-free
- Be styrofoam free

19. Food available on school grounds

- School fundraisers should: be predominantly nonfood items and encourage physical activity. If foods and beverages are used, they must meet the Connecticut Nutrition Standards. (Resource #5)
- Snacks served during the school day or in after-school care should be nutritious. (Resource #6)
- Activities and celebrations that involve food during the school day should be limited to no more than one per class per month. Parties should include no more than one food or beverage that does not meet the CT Nutrition Standards. If a fee is collected to cover the cost of snack food and/or beverages, then all snacks must meet the CT Standards. (Resource #7)
- School-sponsored events (such as, but not limited to, athletic events, dances, or performances) should follow nutrition guidelines used during the school day.

20. School Health Counter-Marketing

- School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.
- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is strongly encouraged.



Nutrition & Food Services *continued*

21. Schools should not use foods or beverages as rewards for academic achievement or good behavior.

Food used as a reward undermines healthy eating habits and the school meal and encourages children to eat when they are not hungry. For a list of nonfood reward ideas see Resource #4.

To Support these policies and recommendations the NHPS District has:

- Implemented a Central Kitchen Model
- Eliminated breaded chicken products (nuggets, tenders, etc.) and sweetened beverages (soda, fruit drinks, sports drinks, chocolate milk, etc.)
- Increased use of local fruit and vegetable vendors
- Increased whole grains
- Implemented the use of Salad Bars with fresh vegetables at all schools
- Supported the School Food Working Group within the New Haven Food Policy Council to engage the community in addressing school food issues
- Submitted district application for the Healthier US School Challenge Bronze Award in order to recognize the healthy food program
- Embraced local partnerships in order to increase Nutrition Education opportunities in schools



Behavioral Health Services

22. Bullying Policy

The New Haven Board of Education will not tolerate any form of bullying of members of the New Haven Public School community by students, parents, visitors or employees of the New Haven Public Schools, while on school grounds, school buses, at a school bus stop or school related activities. Bullying occurring outside of the school setting is also prohibited and will not be tolerated if such bullying creates a hostile environment at school for the targeted student, infringes on the targeted student’s rights at school, or substantially disrupts the educational process or the orderly operation of school.

The New Haven Public Schools requires students, staff and/or parents to report all cases of bullying immediately, to the school’s administrator, administrator’s designee, or director. Discrimination and retaliation against an individual who reports or assists in the investigation of an act of bullying are prohibited. Teachers and other school staff who witness or receive reports of bullying are required to notify the appropriate administrator immediately. The notification must be made in writing.

23. Access to Community Programs

Schools will provide access to community programs and services that can help students contribute positively to their family, school, and community.

- Schools will compile information annually on their assets in the social, emotional and behavioral domain of wraparound services and will work cohesively so that students have access to community programs and services that can help students contribute positively to their family, school, and community. Boost! is a partnership among New Haven Public Schools, the City of New Haven and United Way of Greater New Haven to increase focus and accountability around the provision of quality wraparound supports and services within the schools.
- Boost! complements improvements in schools by “wrapping around” the school day with supports and services that have been shown to contribute to academic success, and provides a systemic framework that enables school communities to understand the impact of services on student learning and to invest resources in a way that maximizes impact on student success.
- Boost! brokers connections among schools, community-based providers and public agencies to support children’s overall development, and assists schools in using data to make deliberate decisions about the services, programs and interventions they chose to utilize to support their students.
- Boost! focuses on the following areas: Physical Health and Wellness, Social-Emotional and Behavioral Health, Family Support and Engagement, and Student Engagement/Academic Enrichment.

24. Positive Behavior Program

- Encouraging positive behavior in each school includes phasing in the implementation of **Positive Behavioral Interventions and Supports (PBIS)**, providing classroom management and de-escalation training for school staff, expanding the School Development Program, enhancing student engagement and enrichment, increasing parental involvement and parents’ access to support services, and utilizing an Adverse Childhood Experiences (ACES) approach in identifying and intervening in students’ stress and trauma so that the whole child is supported and able to behave positively in school.

To Support these policies and recommendations the NHPS District has:

- School Social Services, including social workers, psychologists, guidance counselors, and links with outside providers
- Social Development
- BOOST!-related services
- PBIS
- School Development Program
- SPMTs, School Governance Councils, and SSSTs
- SBHC Behavioral Health Services
- Services Available from DCF
- Peer Mediation



Healthy, Safe & Positive School Environment

25. Integrated Pest Management

- Develop and utilize an integrated pest management plan that meets CT state mandates.
- Identify a certified pest control vendor who is trained to implement the plan.
- Develop and implement protocols for the identification and referral of pest problems for appropriate management.

26. School Security and Emergency Preparedness

A Crisis Management Book will also include:

- How to restrict unauthorized entries and departures to and from the school grounds during the school day.
- A policy for securing schools during emergency situations due to security risk.
- A plan in place regarding closures, delayed openings and early departures and notification of all concerned parties regarding these actions.

27. Indoor Air Quality (IAQ) Program

- Develop and implement a comprehensive Indoor Air Quality Program for its facilities that meets all state mandates.
- In cooperation with the CT DPH, develop school-based Tools for Schools teams to assist in the identification and remediation of IAQ problems.

28. OSHA Compliance

- Hazmat boxes for health suites and disposal processes will be in place for proper handling of medical wastes.
- A box of gloves for compliance with universal precautions will be made available in each classroom so that school staff may promptly and safely attend to incidents involving bodily fluids or other hazards in the classroom.

29. Mandatory Inspections

- The District will develop a regular schedule of safety inspections for the following equipment and systems in all NHPS facilities: elevators, boilers, emergency lighting, public address systems, fire alarm systems, fire sprinklers, fire suppression systems, fire extinguishers, and fire drills.



Youth, Family & Community Involvement

30. Parent Outreach (Resource #8)

Citywide:

- Wrap-around committee works on increasing parent involvement with Parent University New Haven citywide, in neighborhoods and in schools, aligning it with the work of parents, parent organizations, community organizations and agencies, as well as the district. PUNH is designed to support parents as Teachers, Advocates, Leaders and Learners, and parents are encouraged to participate as attendees, volunteers and presenters.
- Citywide Parent Leadership Team (CPLT)
- Title I District wide Parent Advisory Council and the District wide Parent Involvement Team Parent Partnership Council
- Grandparents on the Move

School-Based:

- Family Resource Centers
- School Planning Management Teams (SPMT)
- School Governance Councils (SGC)
- School PTOs and PTAs
- Other volunteer opportunities in schools (for example, in the classroom, library media center, cafeteria, or fundraising) and in the community in ways that connect with schools
- Parent Advocates in 12 selected schools have been hired to increase parent involvement in school and health initiatives, and provide parents with support and resources that promote health and achievement of all students

To Support these policies and recommendations the NHPS District has:

- Parent University New Haven (PUNH)
- School-Community Associations



Staff Health Promotion

31. Employee Wellness Program

The District has developed an Employee Wellness Program, which includes:

- Access to an online Health Risk Assessment
- Personal Health & Wellness Portal
- Health Screenings
- Educational Health Seminars
- Stress Management Initiatives
- Fitness Classes
- Discounts to local fitness centers

32. Support of District Wellness Committee

To help support teachers as being role models for their students the District Wellness Committee will:

- Establish an onsite coordinator at each school
- Expand promotion of the program and events
- Provide supports when funding allows for schools offering the program
- Work with HSR, the Unions and community partners to pursue resources to expand programming
- Partner with PAW coordinators to plan wellness events
- Negotiate with health insurance plans that include preventative care as well as wellness related benefits such as health clubs

To Support these policies and recommendations the NHPS District has:

- Health Screenings and assessments
- Educational workshops
- Stress management and fitness classes.
- Weight watchers program free at all schools

Resource Section

The following lists by topic provide you with websites and links to community partners/organizations that have useful ideas and materials to support your efforts to implement these school policies/recommendations and promote healthy behaviors of students in school and at home. A description about each link/website is provided for easier navigation through these lists.

Table of Contents

1. Nutrition Education and Promotion.....	21
2. Physical Activity Opportunities.....	22
3. Physical Activity Ideas	23
4. Nonfood Rewards for the Classroom	24
5. Fundraising Activities	25
6. Snacks.....	27
7. Celebrations and Other Class Activities	28
8. Outreach to Parents	29

SITES WITH PRINTABLE FLYERS:

1. Nutrition Detectives is a manual that provides example activities to implement in the classroom to help children understand nutrition labels, deceptive food marketing schemes and make nutritious choices
 - www6.indep.k12.mo.us/programs-services/wellness/nutrition-detectives-2/
2. Making food choices for a healthy lifestyle can be as simple as using these 10 Tips
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>
3. Below is a link of 10 quick and easy tips to help you eat more vegetables
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>
4. Focus on fruits. The site below promotes fruit and the health benefits it can provide
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>
5. Make half your grains whole. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, check this site out
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
6. Got your dairy today? Below are tips to help you eat and drink more fat-free or low-fat dairy foods
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf>
7. Fruits and vegetables do not have to be dreadful. Fire them up and make them exciting!
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LiveUpYourMeals.pdf>

OTHER GREAT SITES:

8. Guidelines for promoting health in schools
 - http://www.iuhpe.org/uploaded/Publications/Books_Reports/HPS_GuidelinesII_2009_English.pdf
9. CT Nutrition Standards- The Connecticut State Department of Education are required to publish a set of nutrition standards for foods offered for sale to students separately from a reimbursable school lunch or breakfast
 - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>
10. CT Beverage Requirements
 - www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418
11. The Eat Well Guide is an online directory for sustainable, local produce found in: local grocery stores, restaurants, family farms, etc.
 - <http://www.eatwellguide.org/i.php?pd=Home>
12. The link below offers the allowable beverage requirements that can be sold to students in Connecticut public schools
 - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>
13. Below is a list of Supporting Organizations for the Connecticut Nutrition Standards
 - <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322434>
14. The site below tells you why it is important to be a healthy weight, factors that contribute to a healthy weight and energy balance
 - http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
15. A meal menu calculator will help you select a meal and displays calories
 - <http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

SITES WITH PRINTABLE FLYERS:

1. ABC for Fitness enables children to accumulate 30 minutes or more of physical activity every day. By combining creative teaching techniques with structured activity bursts, the program actually offers the opportunity to increase teaching time each day
 - www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/
2. Take 10 for fitness is an evidence-based program that integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms, positively impacting both teachers and students
 - <http://www.take10.net/programmain>

OTHER GREAT SITES:

3. Getting active in the classroom will help students improve their health, their focus and ultimately their academic performance. Below are some great ideas for children grades k-8 to be physically active during class
 - <http://www.teachhub.com/top-12-classroom-fitness-activities>
4. East Rock Park: Playground, trails, bicycling, and basketball courts; canoes and rowboats permitted
 - (203)946-6086
5. Edgewood Park: Playground, nature trails, tennis courts, skate park, pond, sports fields and basketball courts
 - (203)946-8028
6. Farmington Canal Heritage Greenway: former train tracks converted to a trail for biking, walking and roller blading
 - (203)562-6312
7. Lighthouse Point Park: New Haven's Public Beach; grass areas, playground, nature trails and volleyball league
 - (203)946-8790
8. Ralph Walker Ice Skating Rink: Reasonable admission and skate rental fees
 - (203)946-8007
9. West Rock Nature Center: Visitor center; brook, waterfall and gorge; woods and fields; trails
 - (203)946-8016
10. Public Gyms and Swimming Pools
 - Hill Regional Career High School, James Hillhouse High School, John S. Martinez School, Wilbur Cross High School
 - (203)946-8020

SITES WITH PRINTABLE FLYERS:

1. For school-specific after-school activities please contact the appropriate schools and ask to speak with the after school coordinator
 - <http://www.nhps.net/node/416>
2. Search for a variety of after-school activities by state, and browse additional links provided. Answers to frequently asked questions, tips for starting after-school programs and current related news are also provided
 - www.afterschool.gov
3. Activities and programs that your local YMCA offers as well as information on starting after-school programs. Site also includes information on after-school art programs, humanities, sports, international and teen leadership programs and discusses the benefits of after-school programs
 - www.ymca.net
4. After-school programs keep students safe and engaged, often until as late as 6 pm, when they can be returned to the care of their parents or guardians. Here is how to choose the appropriate after-school program for your child and a list of after school programs in the area
 - http://www.yale.edu/hronline/worklife/2004_afterschool.pdf
5. Take 10 for fitness is an evidence-based program that integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms, positively impacting both teachers and students
 - <http://www.take10.net/programmain>
6. ABC for fitness provides examples of activities to implement in the classroom to provide in-class exercise opportunities
 - www6.indep.k12.mo.us/programs-services/wellness/abc-for-fitness/
7. The After-School Lessons Program is the heart and soul of Music Haven. The members of the HSQ teach lessons and group classes in violin, viola, and cello
 - <http://www.musichavenct.org/afterschool.html>
8. LEAP is an after school and summer program developed to achieve positive academic and social outcomes for children living in high poverty urban neighborhoods
 - https://www.leapforkids.org/Content/Summer_Program.asp

OTHER GREAT SITES:

9. New Haven Department of Parks and Recreation- Below is a link for information about Recreation Programs with a direct contact and telephone number
 - <http://www.cityofnewhaven.com/Parks/recreation/index.asp>
 - Contact Felicia at (203) 946-8088
10. Provides information on government after-school initiatives through the Connecticut After-School Network
 - <http://www.cga.ct.gov/coc/>
11. This site provides guidance for parents on differentiating and selecting appropriate after-school programs for children
 - <http://www.kidsource.com/kidsource/content4/choose.after.school.html>
12. New Haven YMCA
 - <http://www.cccymca.org/locations/new-haven/membership/>
13. Physical Activity and Wellness Program (PAW) provides school infrastructure in the form of School Wellness Teams (SWT) and supports efforts that promote the awareness and practice of good health behaviors school-wide
 - <http://www.nhps.net/node/362>

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar & fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

Why should teachers use nonfood rewards in the classroom?

Nonfood rewards promote a healthier school environment by encouraging healthy eating habits. When students are given soda, candy, and other sweets as a reward for good behavior and academic achievement, food becomes a primary motivator in their life. Because these foods have little nutritional value, using them as rewards contributes to poor eating habits.

The following is a list of options for nonfood rewards in the classroom. It is by no means a complete list. Many additional ideas for nonfood rewards exist. Simply remember that motivating students is the goal.

Elementary School

- Stickers
- Pencils, pens, and markers
- Erasers
- Bookmarks
- Books
- Rulers
- Trinkets (magnets, frisbees, etc.)
- Paper
- Activity/game sheets
- Game time
- Reading time
- Class, homework time, or reading time in a special place (on the couch, outside, etc.)
- Extra recess
- Extra credit
- Extra art time
- Computer time
- Be the helper
- Teach class
- Sit by friends
- Eat lunch with the teacher or principal
- Eat lunch outdoors
- Have lunch or breakfast in the classroom
- Private lunch in the classroom with a friend
- Be a helper in another classroom
- Watch a fun video
- Walk with the principal or teacher
- Take a fun physical activity break
- Dance to favorite music in the classroom
- Show-and-tell
- Bank System – earn tokens for privileges
- Teacher or volunteer reads a special book to class
- Teacher performs a special skill (singing, cartwheel, etc.)
- Have free choice time
- Listen to music while working
- Field trip

Middle and High School

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Extra credit
- Extra recess
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers
- Pencils and pens
- Erasers
- Bookmarks
- Books
- Art time
- Drawings for donated prizes

Recognition or Rewards

- Phone parents to tell them what a great child they have
- Give a note to the student commending his or her achievement
- Design a "Caught Being Good in the Act" coupon
- Maintain a photo recognition board in a prominent location in the school
- Recognize a child's achievement using the morning announcements and/or the school or classroom website

1. Coupon Book Fundraisers with great useful coupons to local stores:
 - <http://kidstuffcb.com/>
2. School Pop – Site where people can shop at their favorite stores to benefit their school.
 - www.schoolpop.com
3. Nonfood choices for fundraisers including housewares, gift wrapping, travel cups and American made products.
 - www.Charlestonwrap.com
4. Sweet Deals: School Fundraising can be healthy and profitable. Scroll to page 56 for a comprehensive list of fundraising sites with nonfood fundraising choices.
 - www.cspinet.org/schoolfundraising.pdf
5. Healthy fundraising options and reasons as to why schools should avoid food-related fundraisers all together
 - <http://www.healthysd.gov/Documents/HealthyFundraisingIdeas.pdf>
6. As we face a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives. This site illustrates the benefits of healthy fundraisers, the consequences of unhealthy fundraising and what schools can do to hold healthy fundraisers.
 - http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Healthy_Fundraising.pdf
7. To find innovative and healthy ways for schools to generate income, take a look at the “Fundraising for Schools” resources on the Action For Healthy Kids website
 - http://www.colchesterct.org/uploaded/Central_Office/fundraisingtips.pdf

SCHOOL ACTION:

Below are direct vendor links for healthy fundraisers for schools:

1. **General Fundraising Companies**
 - 123Fundraising.com
<http://www.123fundraising.com>
 - Common-Threads Fundraising
<http://www.123fundraising.com>
 - Western Fundraising Programs—includes “Read-a-Thons,” “Bowl-a-Thons,” “First Aid Kit Fundraiser”
<http://www.westernfund.com>

2. **Alternative Fundraising Ideas**

SITES WITH PRINTABLE FLYERS:

- “School Fund Raiser Ideas: Alternatives to Selling Junk Food and Sodas,” from Center for Food & Justice, Urban & Environmental Policy Institute, Occidental College
<http://departments.oxy.edu/uepi/cfj/resources/AlternativeFundRaisers.htm>
- Partners for Kids: Community-wide fund producing campaigns for public education
<http://www.partnersforkids.com>

OTHER GREAT SITES:

- “Things to Do” and “Things to Sell,” from No Junk Food.org
<http://www.nojunkfood.org/fundraising>

3. Innovative Fundraising Items**SITES WITH PRINTABLE FLYERS:**

- **Stone memorial markers** – Brick & Stone Graphics:
<http://www.brickstonegraphics.com>
- **Personalized books** – Treasure Books and Gifts:
<http://www.treasurebooksandgifts.com>
- **Cheese** – Cabot Cheese:
<http://store.cabotcheese.com/fundraisers.tmpl>

OTHER GREAT SITES:

- **Soy candles and alkaline batteries** – Fundraising Batteries.com:
<http://www.fundraisingbatteries.com>
- **Air fresheners** – NuDayFundraising.com:
<http://www.nudayfundraising.com>
- **Portraits and “glamour” photos** – Vista Studios:
<http://www.vistamark.com>
- **Temporary tattoos** – ZooDogs:
<http://www.zoodog.com/tattoos>

SITES WITH PRINTABLE FLYERS:

1. The link below share ideas for teachers and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs and elsewhere
 - http://cspinet.org/new/pdf/school_snacks.pdf
2. The link below illustrates creative ways in making healthy food fun for kids
 - <http://pinterest.com/volunteerspot/healthy-snack-ideas-for-kids/>
 - <http://www.superhealthykids.com/healthy-kids-recipes/category/snacks.php>
3. Here are some quick and healthy snack ideas kids will enjoy—not only eating—but helping you make
 - <http://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/healthy-snacks-quick-tips-for-parents>
 - <http://www.nourishinteractive.com/healthy-living/free-nutrition-articles/146-snack-foods-list-food-groups>
 - <http://www.eatright.org/Public/content.aspx?id=6442452012#.UPnE7WfmIuc>
***Click “25 healthy snacks for kids”*
4. Parent tips for healthy snacks; 100 calories or less
 - <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/hundredcalories.pdf>
5. Tips on dealing with picky eaters. Click on this link and learn how to get children excited about healthy foods
 - <http://www.healthiergeneration.org/parents.aspx?id=1850>
6. Below are 10 tips on helping parents teach children how to build healthy meals
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
7. Whole grains are important sources of nutrients like zinc, magnesium, B vitamins, and fiber. Consider these tips to select whole-grain products and keep them fresh and safe to eat
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf>
8. Let’s eat for the health of it. Learn how to build a healthy plate, eat the right amount of calories, be active and use food labels to help you make better choices
 - <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>
9. Printable MyPlate Graphic Resource Materials: full plate, half plate, fruit group, vegetable group, grains group, dairy group etc.
 - <http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html>

SITES WITH PRINTABLE FLYERS:

1. Ideas for healthy school celebrations in the classroom for birthday parties and healthy holidays
 - http://cspinet.org/new/pdf/healthy_school_celebrations.pdf
2. What schools can do to promote a healthy school environment with healthy celebrations
 - http://healthymeals.nal.usda.gov/hsmrs/Connecticut/CT%20Healthy_Celebrations.pdf
3. Ghoulishly great ideas for healthy Halloween celebrations
 - <http://www.cspinet.org/new/pdf/halloween.pdf>
4. Ideas to host a healthier school party
 - <http://suite101.com/article/ideas-to-host-a-healthier-school-party-a162374>
5. Research confirms that good nutrition promotes optimal learning. Below is a link for healthy celebration ideas for parents and teachers
 - <http://www.swcs.us/Home/FoodService/HealthyCelebrationsatSchool.pdf>
6. Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all food groups are offered in a fun, active environment
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet20MakeCelebrations.pdf>

OTHER GREAT SITES:

7. Ideas for Healthy Birthdays, Celebrations and Family Events
 - <http://www.actionforhealthykids.org/assets/parent-toolkit/healthycelebrations.pdf>
8. Healthy party guide for Birthdays, Winter Holiday Parties, Valentine's Day Parties, End-of-the-Year Celebrations, Nonfood Goody Bag Ideas, Book List and many more
 - <http://www.actionforhealthykids.org/assets/parent-toolkit/partner-resource-pdfs/healthypartyguide-cando.pdf>
9. Refreshments for healthy celebrations, benefits of healthy celebrations and replacements for candy and cake during celebrations
 - <http://www.jefferson.k12.ky.us/departments/nutritionservices/downloads/education/>

SITES WITH PRINTABLE FLYERS:

1. Kids Health- Informative website providing information regarding the health of your child including: general health, infections, emotional and behavioral issues, growth and development, nutrition and fitness, recipes, medical programs and medical visits
 - www.kidshealth.org
2. Cooking Matters empowers families with the skills, knowledge, and confidence to prepare healthy and affordable meals
 - <http://cookingmatters.org/>
3. Emergency Food Council of Greater New Haven- Coordinates distribution of emergency food to those in need in the greater New Haven area
 - www.emergencyfoodcouncil.com
(203)469-5000
4. CT Department of Social Services (food stamps/WIC)
 - www.ct.gov/dss
(203)974-8000
5. Meal planning is a time saver for even the busiest people, meaning healthier eating with fewer trips to the drive thru and more meals at home. So, taking some time to learn how to plan meals will save you time -- and help you eat better -- in the long run
 - <http://www.mealsmatter.org/Articles-And-Resources/Meal-Planning-Articles/How-to-plan-meals.aspx>
6. Everyone including kids, should reduce their sodium intake to less than 2,300 milligrams a day. Below are quick tips to help you and your children cut back on salt and sodium
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet14SaltAndSodium.pdf>
7. Parent University - Offering seminars for parents and other health and nutrition education at parent workshops, PTO meetings and other parent-focused events where parents can share their healthy food practices and physical activity ideas with others
 - <https://www.facebook.com/ParentUniversityNewHaven>
8. Below is a link for parents to learn how to build healthy meals
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
9. 10 tips on appropriate protein ratios for parents and children
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet6ProteinFoods.pdf>
10. Try something different, have a meat free day. Below is a link for healthy eating tips for vegetarians. Try a meat supplement, you and your children may enjoy it
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet8HealthyEatingForVegetarians.pdf>
11. Here are some quick tips on shopping for fruits and vegetables smart and affordably
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
12. Get the most for your food budget! The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
13. SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet17SuperTracker.pdf>

14. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. Don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf>
15. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices
 - <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf>
16. A critical part of healthy eating is keeping foods safe. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely
 - <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet23BeFoodSafe.pdf>
 - <http://www.nfsmi.org/documentlibraryfiles/PDF/20080212011404.pdf>

OTHER GREAT SITES:

17. Encouraging parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the recognized nutrition standards
 - <http://www.carpentercharter.org/ptadocs/lunch%20and%20snack%20ideas.pdf>
18. SNAP – outreach, screenings, and enrollment to reach underserved households in New Haven. The goal is to increase access to nutritious foods for families in New Haven, thereby reducing hunger and improve nutritional status
 - **SNAP Outreach Contact: Sharon Taylor (203) 737-5832**
19. WIC – Farmers' Market Nutrition Program- Senior WIC coupons are available through New Haven- area senior centers; WIC coupons are available through New Haven WIC offices
20. You are the most important influence on your child, so be a healthy role model. Below are 10 tips on setting good examples
 - <http://www.choosemyplate.gov/foodgroups/downloads/TenTips/DGTipsheet12BeAHealthyRoleModel.pdf>
21. Child Care Aware is a national initiative committed to helping parents find the best information on locating quality child care and child care resources in their community
 - www.childcareaware.org

Selected Flyers & Handouts for Copying

The following flyers were selected to assist you in promoting your school wellness policies to staff, students and parents, and provide alternative ideas for making your schools healthier learning environments. There are also flyers promoting district and/or community events, resources or programs that promote wellness, such as Parent University and after school programs.

Table of Contents

1. Community Resource Brochure (2 pgs)	33
2. After-School Programs (4 pgs)	35
3. SNAP (Food Stamps) Location (1 pg).....	39
4. Parent University – Nov. 2nd Workshops (1 pg)	40
5. Parent University Information – (1 pg).....	41
6. Healthy Fundraising Rationale/Ideas (2 pgs).....	42
7. Healthy Fundraisers for Schools (3 pgs)	44
8. Healthy Celebrations at School (2 pgs).....	47
9. Make Celebrations Fun, Healthy & Active (1 pg)	49
10. Choose MyPlate – 10 Tips to a Great Plate (1 pg)	50
11. Focus on Fruits (1 pg)	51
12. Smart Shopping for Veggies/Fruits (1 pg).....	52
13. With Protein Foods, Variety is Key (1 pg)	53
14. Encouraging Physical Activity in the Classroom (1 pg)	54

New Haven Public Schools

COMMUNITY RESOURCE

BROCHURE



**RECURSOS
DE LA
COMUNIDAD**

CREATED BY
NEW HAVEN PUBLIC SCHOOLS
SOCIAL WORK DEPARTMENT

Advocacy & Legal Information /
Información de Abogacía & Legal

New Haven Legal Assistance
426 State St. New Haven, CT
946-4811

YALE University Legal Clinic
PO Box 209090
432-4800

New Haven Probate Court
200 Orange St. (First floor)
946-4880

Children's Probate Court
873 State St. New Haven, CT
773-9556

Superior Court Juvenile Matters
239 Whalley Ave. New Haven CT
786-0337

"Special Thanks to J.Porter/A.Martino/
C.Noguera"



Education / Educación

Early Childhood Assessment Team (ECAT)
173 Water St. New Haven
946-7020

LULAC Head Start
(Fair Haven) 375 James St, New Haven
777-7501

(Hill Section) 250 Cedar St. New Haven
777-4006

Head Start (New Haven Board of Education)
495 Blake St New Haven
946-5093

New Haven Adult Education
Ella Grasso BLYD. New Haven CT
492-0213

Health Services / Servicios de Salud

Fair Haven Community and Health Clinic
Grand Ave. New Haven CT
777-7411

Hill Health Center
400 Columbus Ave. New Haven
503-3000

YALE Primary Care
789 Howard Ave. New Haven CT
688-2472

St. Raphael's Pediatric Clinic
1450 Chapel St. New Haven CT
789-3388

Emergency Shelters /
Albergues de Emergencia

Connecticut Home Recovery
Contact person / Persona de Contacto
Jameka Malloy 492-4873

Columbus House
232 Cedar St. New Haven, CT
401-4400

Life Haven
447 Ferry St. New Haven, CT
776-6208

Domestic Violence Shelter
291 Whitney Ave. New Haven Ct
789-8104

Christian Community Action
166-168 Davenport Ave.
New Haven Ct
777-7848 or 777-7173

Martha's Place
153 East St. New Haven Ct
624-5798

Care Ways Shelter
223-225 Portsea St. New Haven
492-4866

Community Resources in New Haven

Recursos de la Comunidad en New Haven

Children and Adult Mental Health Services/ Servicios de Salud Mental para Niños & Adultos	Community Agencies / Agencias de la Comunidad	Community Agencies / Agencias de la Comunidad	Food & Nutrition / Alimentos y Nutrición
<p>Children Center of Hamden 1400 Whitney Ave, New Haven 248-2116</p> <p>Clifford Beers Child Guidance Clinic 93 Edwards St. New Haven CT 772-1270</p> <p>Yale Child Study Center 230 South Frontage St. New Haven 785-2513</p> <p>Hill Health Center Child Guidance Clinic 428 Columbus Ave. New Haven, CT 503-3055</p> <p>Yale Conduct Clinic 314 Prospect St. 432-5898</p> <p>Children and Adolescents' Psychiatric Emergency Services (CAMPES) 370 James St. New Haven 211</p> <p>Connecticut Mental Health Center 34 Park St. New Haven CT Hot Line 789-7713 or 789-7300</p> <p>Hispanic Clinic / Clinica Hispana 1 Long Wharf Dr. New Haven, CT 789-7812</p> <p>Dixwell Newhallville Community</p>	<p>Dept. of Children and Families 786-0500/1-800-842-2288(hotline)</p> <p>Dept. of Developmental Services 974-3000</p> <p>Dept. of Social Services 194 Bassett St. New Haven, CT 974-8000</p> <p>Coordinating Council for Children in Crisis (4 Cs) 131 Dwight St. New Haven, CT 624-2600</p> <p>Operation Fuel Applications New Haven Community Action 781 Whalley Ave. New Haven CT 387-7700</p> <p>HUSKY Info line 1-800-434-7869</p> <p>Security Deposit Guarantee Program Dept. of Social Services 194 Bassett St. New Haven CT 974-8000</p> <p>Info line 211</p>	<p>continued</p> <p>New Haven Family Alliance 370 James St. New Haven CT 786-5970</p> <p>Casa Oroñal 135 Sylvan Ave. New Haven CT 773-1847</p> <p>Centro San Jose 290 Grand Ave. New Haven CT 562-3135</p> <p>Junta For Progressive Action 169 Grand Ave. New Haven CT 787-0191</p> <p>Autism Society of Connecticut PO box 1404 Guilford, CT 06437 888-453-4975</p> <p>Catholic Family Services of Greater New Haven 478 Orange St New Haven CT 787-2207</p> <p>Dixwell Community House 197 Dixwell Ave. New Haven, CT 772-2665</p>	<p>Bethel AME Church Pantry 255 Goffe St. New Haven CT 865-0514</p> <p>Centro San Jose 290 Grand Ave. New Haven, CT 562-3135</p> <p>Christian Community Action 168 Davenport Ave. New Haven CT 777-7848</p> <p>Saint James Church 62 East Grand Ave. New Haven CT 467-6958</p> <p>Community Action of New Haven 781 Whalley Ave. New Haven CT 387-7700</p> <p>Deliverance Temple Pentecostal Church Food Pantry 584 Congress Ave. New Haven CT 776-5260</p> <p>Dixwell Community House 197 Dixwell Ave. New Haven CT 772-2665</p> <p>FISH of Greater New Haven 467-7280</p> <p>Loaves and Fishes Food Pantry of St. Paul's and St James's Church 57 Olive St. New Haven CT 562-2143</p> <p>Fair Haven Parent's Ministry Inc. 160 Ferry St. New Haven 06513 865-5556</p>



After-school Programs

After-school programs provide school age children with activities and support in a supervised environment. From homework help and tutoring to basketball drills and ballet practice, educators are discovering that quality after-school programs provide rich opportunities for students' continued academic and social development¹.

When selecting an after-school program, keep the following in mind provided by the:

(adapted from *Selecting a Quality After-School Program for Your Child-ChildCareAware*)*

- *Look at the staff and children...*

- o Are they happy to be at the program?
- o Do the children seem engaged in their activities?
- o Is the staff involved with the children?
- o Are snack menus healthy and plentiful?

- *Listen to the sounds of the program...*

- o Do you hear laughter and lively conversation?
- o Do you hear staff engaged in conversation with the children?
- o Have staff received any training, such as CPR and first aid?
- o Does the staff receive ongoing training and development?
- o Is there a parent board or council?
- o Are children involved in planning activities?

- *Questions to ask and what to look for when visiting an after-school program...*

- o Does the program provide a rich learning atmosphere that supports children's education?
- o Does the program offer family references?
- o Is the program accredited? Licensed?
- o Do they offer any financial assistance?
- o Can parents/guardians request copies of the program's policies?
- o What is the program's mission and philosophy?

- o What is the program policy for sick children?
- o Does the program seem safe, clean, and organized?
- o Does the staff seem to work well together?
- o Are the children busy with activities?
- o Are there adequate materials and space for a variety of activities?
- o Do the bathroom and food preparation areas look and smell clean?

*(The entire brochure can be found at <http://www.childcareaware.org/en/tools/pubs/pdf/105e.pdf>)

Research shows that successful school-based programs tend to share several characteristics.



Quality programs:

- Involve the community
- Have the support of school staff and leadership
- Respond to the needs of students and their families
- Provide students with consistent, caring relationships with adults
- Give students a safe place to go and reinforce sound health and nutrition practices²



¹ NorthWest Regional Educational Laboratory. <http://www.nwrel.org/nwreport/april99/article11.html>

² NorthWest Regional Educational Laboratory. <http://www.nwrel.org/nwreport/april99/article11.html>

HAMDEN

HAMDEN/NORTH HAVEN YMCA DUNBAR HILL AFTER SCHOOL

1605 Sherman Avenue (mailing address)
995 Sherman Avenue (Center location)
Hamden, CT 06514
PHONE: (203) 281-7473
DIRECTOR: Lisa Sizer
E-MAIL: None available
WEBSITE: None available
AGES: Kindergarten – 6th grade
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 3:00 pm - 6:00 pm
FEES: \$243/mo, for 5 days/week the fee is \$214/mo.
For 3 days/week the fee is \$195/mo
REGISTRATION FEE: \$25/child, \$40/family
CAPACITY: 50.
TEACHER/STUDENT RATIO: 1:10
TRANSPORTATION: Yes
PICK-UP LOCATIONS: Spring Glen, Ridge Hill,
Wintergreen Magnet
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families
ADDITIONAL INFORMATION: Homework assistance,
arts and crafts, indoor and outdoor games,
recreational swim, offer holiday care and snow-day program.
This program can be found at Bear Path,
Church Street, Helen Street, Dunbar Hill, Shepherd Glen,
and West Woods Elementary Schools

HAMDEN YOUTH SERVICES BUREAU SCHOOL AGE CHILD CARE PROGRAM

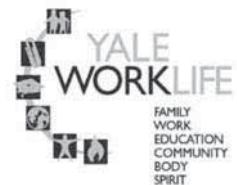
11 Pine Street
Hamden, CT 06514
PHONE: (203) 777-2610
DIRECTOR: Susan Rubino
E-MAIL: srubino@hamden
WEBSITE: None available
AGES: 5 years – 12 years
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 11 am - 5:30 pm (during school year),
8:30 am - 5:30 pm (school vacation)
FEES: Fee sliding scale
REGISTRATION FEE: \$20
CAPACITY: 56
TEACHER/STUDENT RATIO: 1:10
TRANSPORTATION: Only at center
PICK-UP LOCATIONS: Only at center
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families
ADDITIONAL INFORMATION:

LONDON DRIVE KINDERCARE

40 London Drive
Hamden, CT 06517
PHONE: (203) 288-3747
DIRECTOR: Jessica Mitchell
E-MAIL: C0699@mail.kinderCare.com
WEBSITE: www.kindercare.com
AGES: 5 years – 12 years
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 7 am – 6 pm
FEES: \$224 Full-Time (5 days), \$110 before and after 5
days, \$101 before or after
REGISTRATION FEE: \$40 (\$35 for educational fee)
CAPACITY: 20
TEACHER/STUDENT RATIO: 1:10
TRANSPORTATION: Yes
PICK-UP LOCATIONS: Westwood Christian Academy,
Worthington-Hooker Elementary, Dunbar
School
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families.
ADDITIONAL INFORMATION: We offer weekly cooking
activities, help with homework, field
trips, and summer programs.

OAKWOOD CHILD DAYCARE CENTER

495 Benham Street
Hamden, CT 06514
PHONE: (203) 230-8331
DIRECTOR: Stephany
E-MAIL: None available
WEBSITE: None available
AGES: Kindergarten only
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 7 am – 6 pm
FEES: Call for fees as they vary with number of hours
and days
REGISTRATION FEE: \$30
CAPACITY: 34 children
TEACHER/STUDENT RATIO: 1:6
TRANSPORTATION: No
PICK-UP LOCATIONS: None available
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families.
ADDITIONAL INFORMATION: Located directly across
the street from Dunbar Hill School (K-6th
grade) and offer help with homework, snacks, and projects.
Provide both inside and outside time.



NEW HAVEN

LEILA DAY NURSERIES, INC

100 Cold Spring Street
New Haven, CT 06511
PHONE: (203) 624-1374
DIRECTOR: Gladys Deutsch
E-MAIL: office@leiladay.com
WEBSITE: www.leiladay.com
AGES: Kindergarten – 3rd grade
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 2:30 pm – 5:30 pm
FEES: Sliding scale
REGISTRATION FEE: Sliding scale
CAPACITY: 18
TEACHER/STUDENT RATIO: 1:9
TRANSPORTATION: No
PICK-UP LOCATIONS: Worthington Hooker School
IS PROGRAM ACCREDITED: No
REFERENCES: Cannot give out personal information
ADDITIONAL INFORMATION: Relaxed, enjoyable program with many arts activities, blocks, outdoor play, games, homework help, and more teachers meet child at Hooker school and walk with them to Leila Day. Transportation for children from other schools is the responsibility of that child's family.

KIDDIE CORNER DAYCARE LLC

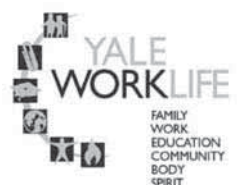
795 Grand Avenue
New Haven, CT 06511
PHONE: None available
DIRECTOR: Reggie Hayes
E-MAIL: RCHJaguar@yahoo.com
WEBSITE: None available
AGES: 5 years – 12 years
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 2:00 pm – 6:00 pm
FEES: \$65/week
REGISTRATION FEE: \$65
CAPACITY: 43
TEACHER/STUDENT RATIO: 1:8
TRANSPORTATION: Yes
PICK-UP LOCATIONS: At schools where needed
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 families
ADDITIONAL INFORMATION: Upon arrival students have a snack and then get assistance with their homework. There are computers, games, arts & crafts, and electronic games.

NEW GENERATION CHILDRENS GROWTH & DEVELOPMENT CENTER

99 Townsend Avenue
New Haven, CT 06512
PHONE: (203) 468-9420
DIRECTOR: Kristina Solli
E-MAIL: Nwgenerationkids@aol.com
WEBSITE: None available
AGES: 12 months - 8 years
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: 6:45 am – 5:30 pm
FEES: \$10 late fee on tuition, \$25 bounce check fee
REGISTRATION FEE: \$50
CAPACITY: 42
TEACHER/STUDENT RATIO: 1:7 (3 years and up), 1:4 (2 years and younger), 1:2 (infants)
TRANSPORTATION: None available
PICK-UP LOCATIONS: None available
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families
ADDITIONAL INFORMATION: The after-school children have 15 minutes or homework time under the supervision of teachers. The summer camp program offers a variety of outdoor field trips.

NEW HAVEN YMCA YOUTH CENTER

52 Howe Street
New Haven, CT 06511
PHONE: (203) 776-9606
DIRECTOR: Terry McCarthy, MSW
E-MAIL: None available
WEBSITE: None available
AGES: 5 years – 11 years
SNACKS PROVIDED: Yes
DAYS: Monday - Friday
HOURS: End of school until 6:00 pm
FEES: \$40 per week, \$12 per days off
REGISTRATION FEE: \$10
CAPACITY: 54
TEACHER/STUDENT RATIO: 1:10
TRANSPORTATION: None available
PICK-UP LOCATIONS: None available
IS PROGRAM ACCREDITED: No
REFERENCES: Names of 2 current families
ADDITIONAL INFORMATION: Offer homework assistance, swimming on Tuesdays and Thursdays, arts and crafts, and trips on vacation weeks.



NEED EXTRA MONEY FOR HEALTHY FOOD?



YOU MAY QUALIFY FOR SNAP (Food Stamps).



CARE is screening New Haven residents to see if you qualify for SNAP, adding extra money to your monthly budget.

The sessions are FREE, confidential and take 20 minutes or less.

Mondays 9:00 AM-12:00 PM
WIC – St. Raphael’s Campus
1401 Chapel St.

Tuesdays (1st and 3rd of the month)
9:00 AM-12:00 PM
Cornell Scott Hill-Health Center WIC
393 Columbus Ave.

Wednesdays 11 AM-1:00 PM
Thomas Chapel Church of Christ
30 White St.

To schedule an appointment call Sharon Taylor at (203) 737-5832

www.care.yale.edu



Parent University New Haven

New Haven Families: SAVE THE DATE

Join Hundreds of NHPS Parents for a Day of FREE Workshops!

Saturday, November 2, 2013
Gateway Community College
20 Church Street
New Haven, CT



FOR MORE INFORMATION: VISIT www.punh.org
CALL (203) 497-7055 (English) OR (203) 497-7056 (Spanish)





Parent University New Haven

Parent University New Haven is a fun, innovative learning experience where you can share ideas and information to help your children succeed in school and in life. Since student and family success are intertwined, Parent University works with community representatives to connect families with support services and educational/job training opportunities.

Parent University workshops in Early Childhood, In School K-12, College Prep, and Family & Community can be found in Schools, Neighborhoods and Citywide. Many workshops are conducted in English and Spanish.

PUNH is designed to empower parents as:

- Teachers • Advocates • Leaders • Learners •

NEXT CITY-WIDE EVENT

Saturday, Nov. 2nd

Gateway Community College, 20 Church Street

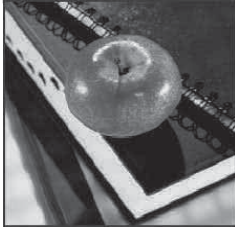
FREE Admission, Breakfast/Lunch, Youth Programs, On-Site Parking and Bus Transportation • Resource Tables

For More Information:

www.punh.org • (203)497-7055/Engl. or (203)497-7056/Span.



HEALTHY FUNDRAISING



Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ▶ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.¹ Between 1980 and 2004, obesity tripled among children and adolescents.² Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.³ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.⁴

Consequences of Unhealthy Fundraising

- ▶ **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- ▶ **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise 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.
- ▶ **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.



Fundraisers Must Meet State Requirements

- Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. Section 10-215b-23 specifies that income from the sale of any foods or beverages anywhere on school premises during this time frame must accrue to the food service account.
- Section 10-221p of the Connecticut General Statutes (C.G.S.), requires that at all times when food is available for purchase by

- students during the regular school day, nutritious and low-fat foods must also be available for sale. For additional guidance, see *Questions and Answers on Connecticut Statutes for School Food and Beverages* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.
- C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. For more information, see *Beverage Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>.
- Districts that participate in healthy food certification under C.G.S. Section 10-215f

- must ensure that all food fundraisers meet state requirements. For more information, see *Fundraising with Foods and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>.
- Consult the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales.
- For more information on Connecticut's requirements for foods and beverages, see the Connecticut State Department of Education Web site (School Foods and Beverages page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>.

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES*

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books
- Brick/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups or mugs
- Crafts
- Coupon books (nonfood items)
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Foot warmers
- Football seats
- Garden seeds
- Gift baskets (nonfood items)
- Gift certificates (nonfood items)
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Magazine subscriptions
- Monograms
- Music, CDs, DVDs
- Newspaper space, ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- Phone cards
- Raffle donations (nonfood items)
- Raffle extra graduation tickets
- Raffle front row seats at a special school event
- Rent a special parking space
- Scarves
- School art drawings
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

Healthy Foods

- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

Sell Custom Merchandise

- Bumper stickers and decals
- Calendars
- Cookbook of healthy recipes made by school
- Flying discs with school logo
- License plates or holders with school logo
- Logo air fresheners
- School spirit gear
- T-shirts/sweatshirts

Activities Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee

Things You Can Do

- Auction
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals/festivals
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thon
- Magic show

- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/skate-a-thon
- Tag sale, garage sale
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thons
- Workshops/classes



*Adapted from: California Project Lean, California Department of Health Services. (2010). *Creative Financing and Fun Fundraising*. Retrieved on October 6, 2011 from http://www.co.shasta.ca.us/HHSA/CommunityPartners/Creative_Fundraising.sflb.ashx.

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

References

- 1 Ogden, C.L., Carroll, M.D., Curtin, L.R., Lamb, M.M., & Flegal, K.M. (2010). Prevalence of high body mass index in US children and adolescents, 2007-2008. *Journal of the American Medical Association*, 303(3):242-249.
- 2 Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from http://www.cdc.gov/nchs/data/hestat/overweight/overweight_child_03.htm.
- 3 Reedy, J., & Krebs-Smith, S.M. (2010). Dietary Sources of Energy, Solid Fats, and Added Sugars among Children and Adolescents in the United States. *Journal of the American Dietetic Association*, 110(10):1477-1484
- 4 U.S. Department of Agriculture Center for Nutrition Policy and Promotion. (2009). The quality of children's diets in 2003-04 as measured by the Healthy Eating Index – 2005. *Nutrition Insights*, 43. Retrieved on October 6, 2011 from <http://www.cnpp.usda.gov/Publications/NutritionInsights/Insight43.pdf>.



The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, disability (including, but not limited to, mental retardation, past or present history of mental disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director, Title IX /ADA/Section 504 Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071.

Healthy Fundraisers for Schools: Tips from AFHK Team Members

Healthy fundraisers contribute to a healthy school environment. Products with mass appeal can be inexpensive to sell, provide generous fundraising margins, *and* support healthy choices. To find innovative and healthy ways for schools to generate income, take a look at the “Fundraising for Schools” resources on the AFHK website as well as the following ideas that team members have shared on the AFHK listserv.

Type of Fundraiser	Description	Ideas and Considerations
Auctions	Community-donated items, gifts, gift certificates, theme baskets, services e.g., lawn care, house cleaning, car waxing, baby sitting, storytelling, etc..	<i>Ideas:</i> Solicit high-quality items to raise big money. <i>Considerations:</i> Time and resources to collect and store items, inventory items, handle cash, and process checks and credit cards.
Celebrity sports challenges	Students vs. teachers, coaches, local TV celebrities or radio personalities, local restaurant and shop owners, professional or semi-professional athletes from any sport.	<i>Ideas:</i> Lots of fun with real competitive sports or games. May get publicity on local news. Can also sell healthy snacks and beverages and school paraphernalia. <i>Considerations:</i> Need to promote someone or something that will sell tickets. Without a connection, celebrity could be costly.
Walk-a thons	Pledges collected by lap or mile.	<i>Ideas:</i> Offers opportunity for healthy physical activity for all ages. Open to many variations e.g., mini-walk for pre-K, bike ride for middle school. <i>Considerations:</i> Requires volunteer help to coordinate route details, water stands, and traffic.
Raffles	Prizes perceived as high-value, which could be donated by local business or other community organization.	<i>Ideas:</i> Can be an extremely low-cost fundraiser, especially if the prize is donated by a local business or other organization. <i>Considerations:</i> Must be an item that will generate adequate ticket sales.
Food concessions	Offer healthy food options e.g., fresh fruits and vegetables, fruit juice, juice drinks, low-fat milk, flavored milk, and water at school, community, and local sporting events.	<i>Ideas:</i> Great opportunity to promote healthy eating at after-school and weekend events. <i>Considerations:</i> May require some shopping and food preparation immediately before the event.

Type of Fundraiser	Description	Ideas and Considerations
Healthy food and snack sales	Cheese, nuts, fruits.	<p><i>Ideas:</i> Look for vendors who stock healthier alternatives.</p> <p><i>Considerations:</i> May still encourage overeating—even if the food consumed is healthier. Storage of perishable items may be difficult.</p>
Non-food product sales	Everything from magazines to pizza kits, candles to wrapping paper, T-shirts to memorial markers, coupon books to entertainment packages, scratch cards to calendars—and more!	<p><i>Ideas:</i> These commonly used fundraisers are generally recognized and accepted by the public.</p> <p><i>Considerations:</i> Coordinate with other community fundraisers to avoid too many fundraisers at the same time and to avoid selling the same items.</p>
Sports concessions	Lanyards, key chains, stickers, headbands, wristbands, visors, bookcovers, pencils, water bottles, temporary tattoos—anything with the school name or logo on it.	<p><i>Ideas:</i> A great way to promote team spirit and school identity.</p> <p><i>Considerations:</i> Selling opportunities may take place throughout a sports season, so return on investment may be slow. Lots of small items to inventory and store.</p>
Special occasions	<p><i>Mothers' Day:</i> plants</p> <p><i>Super Bowl:</i> healthy snacks, pizza kits, deli sandwiches, soup mix kits</p> <p><i>Homecoming:</i> school sweaters, hats, scarves, jackets, etc.</p> <p><i>Christmas:</i> plants, wreaths, wrapping paper, note cards, stockings, etc.</p>	<p><i>Ideas:</i> Theme or holiday tie-ins can provide a focus and reason to buy.</p> <p><i>Considerations:</i> Must plan carefully for in-time delivery.</p>
Yard sale	Student, faculty, staff, families, community members can donate items for large-scale yard sale.	<p><i>Ideas:</i> Everyone can participate by donating something. Low-cost activity. Can combine with sale of healthy foods and beverage sale.</p> <p><i>Considerations:</i> Time and resources to collect and store items, inventory items, handle cash, process checks and credit cards.</p>

Team members on the AFHK listserv recommend the following websites:

General Fundraising Companies

- 123Fundraising.com
<http://www.123fundraising.com>
- Common-Threads Fundraising
<http://www.common-threads.com>
- Western Fundraising Programs
--includes "Read-a-Thons," "Bowl-a-Thons," "First Aid Kit Fundraiser," etc.
<http://www.westernfund.com>

Alternative Fundraising Ideas

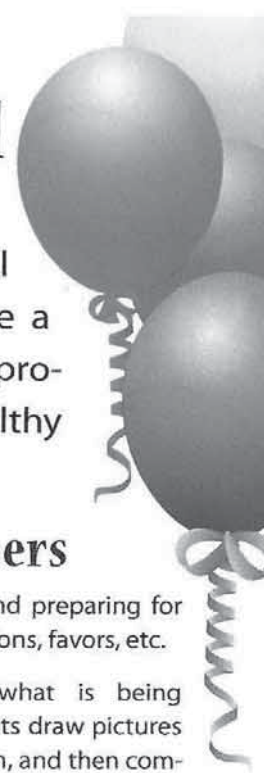
- "Things to Do" and "Things to Sell," from No Junk Food.org
<http://www.nojunkfood.org/fundraising>
- "School Fund Raiser Ideas: Alternatives to Selling Junk Food and Sodas," from Center for Food & Justice, Urban & Environmental Policy Institute, Occidental College
<http://departments.oxy.edu/uepi/cfi/resources/AlternativeFundRaisers.htm>
- Partners for Kids: Community-wide fund producing campaigns for public education
<http://www.partnersforkids.com>

Innovative Fundraising Items

- Stone memorial markers
--Brick & Stone Graphics: <http://www.brickstonegraphics.com>
- Soy candles and alkaline batteries
--Fundraising Batteries.com: <http://www.fundraisingbatteries.com>
- Air fresheners
--NuDayFundraising.com: <http://www.nudayfundraising.com>
- Personalized books
--Treasure Books and Gifts: <http://www.treasurebooksandgifts.com>
- Portraits and "glamour" photos
--Vista Studios: <http://www.vistamark.com>
- Temporary tattoos
--ZooDogs: <http://www.zoodog.com/tattoos>
- Cheese
--Cabot Cheese: <http://store.cabotcheese.com/fundraisers.tmpl>

Healthy Celebrations at School

Research confirms that good nutrition promotes optimal learning. So, what can parents and schools do to ensure that school celebrations aren't centered on sweet treats? Schools can be a place where students not only learn about good nutrition but provide a healthy environment where students can practice healthy choices every day!



Party Ideas for Parents

- Party favors can be inexpensive and fun! Check out the suggested vendors.
- Purchase a book to be donated to the classroom. Come in and read a book to the class.
- Buy something for the classroom (books, games, music, plant, etc.).
- Send in supplies and directions for a craft for the students to do instead of eating a snack. It is a bonus if parents come in to help with the craft.
- Arrange to play a game instead of eating a snack. If you don't have any ideas, talk to your child's teacher. They are likely to know what the kids will enjoy and what will work well in the classroom setting.

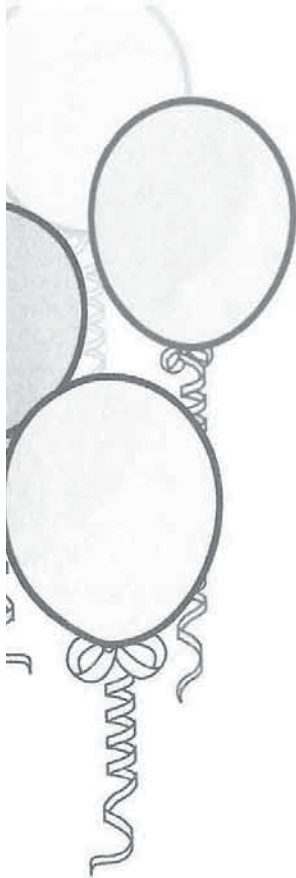
Party Ideas for Teachers

- Get students involved in planning and preparing for celebrations – let them make decorations, favors, etc.
- Create a book commemorating what is being celebrated that day. Have the students draw pictures showing what that day means to them, and then compile all of the pictures into one large book.
- Students vote on a special class art project or craft. Possibly have a local artist come in and speak with the kids or do a demonstration. Ask parents and/or businesses to donate small watercolor sets with paint brushes.
- Have a small dance party. Let the students select the music. Invite the principal and/or other school staff!
- Have the students vote on a game or two to play with classmates. This can be themed to what is being celebrated.
- Arrange a treasure hunt around the classroom. There can be a special non-food treat at the end (see if parents will donate them). You can even use a theme that ties into what they are learning in class.
- Have students help come up with healthy party ideas, and ask parents to send in healthy recipes and ideas for activities, games and crafts. Use the information to create a "healthy classroom party guide" to distribute to parents. Use it as a guide all year long.



Ohio
Action for Healthy Kids®

www.ohioactionforhealthykids.org



Healthy Food Ideas*

Grains

- pretzels/hotpretzels
- low-fat popcorn
- graham crackers
- animal crackers
- bagel slices with peanut butter
- whole-grain muffin (low-fat)
- whole wheat English muffin
- low-fat breakfast or granola bars

Vegetables

- vegetable trays with low-fat dip
- celery topped with peanut butter & raisins or low-fat cream cheese & fruit preserves
- hummus with carrots

Fruit

- fresh whole fruit assortment
- fruit salad
- dried fruit
- 100% Fruit snacks
- frozen fruit (ex: frozen grapes)

Dairy

- cheese on whole-grain crackers
- string cheese
- low-fat yogurt
- squeezable yogurt
- yogurt smoothies
- yogurt parfaits

Drinks

- low-fat or nonfat plain or flavored milk
- 100% fruit juice
- water
- sugar-free flavored water
- sparkling punch (seltzer & 100% juice)

Mixed Foods

- pizza with low-fat toppings
- bread sticks with marinara sauce
- wraps with low-fat ingredients
- cheese quesadillas with salsa
- tortilla chips with salsa or bean dip
- trail/cereal mix
- fruit-n-cheese pretzel kabobs

**Check for food allergies before serving*

Non-Food Ideas*

- activity/puzzle books
- balloons
- bead necklaces
- bookmarks
- bouncy balls
- bubbles
- erasers
- flower leis
- Frisbees
- fun pencils
- glow bracelets
- magnifying glasses
- matchbox cars
- notepads
- pencil toppers
- stickers
- temporary tattoos
- tops
- whistles

**Please keep in mind that noisy prizes may disrupt class and be a burden on the teacher*

Purchasing Non-Food Items

Try these vendors to purchase inexpensive or bulk items:

- party supply stores
- dollar aisles at stores (ex: Target and Michael's)
- Book Closeouts – www.bookcloseouts.com
- Carson Dellosa – www.carsondellosa.com; 1-800-321-0943
- Mello Smello – www.mellosmello.com; 1-800-446-3556
- Mission Nutrition – www.mission-nutrition.com; 1-888-394-1406
- Oriental Trading Co. – www.orientaltrading.com; 1-800-875-8480
- Really Good Stuff – www.reallygoodstuff.com; 1-800-366-1920
- Teachers Paradise – www.teachersparadise.com



Ohio
Action for Healthy Kids[®]

www.ohioactionforhealthykids.org

10 tips
Nutrition Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



10 tips

**Nutrition
Education Series**

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
USDA is an equal opportunity provider and employer.

10 tips

Nutrition
Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



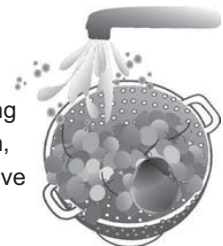
7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



10 tips
Nutrition
Education Series

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season.

They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

10 SIMPLE ACTIVITIES TO ENCOURAGE PHYSICAL ACTIVITY IN THE CLASSROOM

1. Secret Password: Every day establish a secret password activity such as 5 jumping jacks, stand on one foot for 5 seconds, hop three times, etc. Then establish when the student needs to use the secret password - i.e. after a drink of water, before receiving a hand out, when entering the classroom, in between subjects, etc.

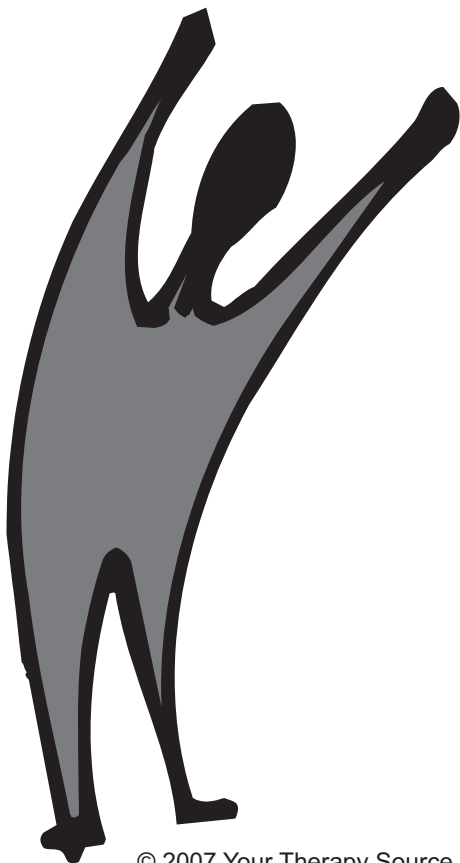
2. Walking Worksheets: Tape worksheets on wall, easel and chalkboard. Students move from worksheet to worksheet and answer the different questions.

3. Opposite Hunt: Divide the class in half. Half of the class write a word on an index card. The other half writes the definition. Shuffle the cards and hand one card to each student. The students must move around the classroom and match the word with the definition. For younger students match up sight words, letter or numbers. Try math problems and solutions.

4. Pencil Jumps: For a quick movement break in between lessons have each student place a pencil on the floor. Jump over the pencil a designated number of times.

5. Race in Place: When reviewing material, have the students stand up and run in place by their desks. On the teacher's signal, student stops running in place, listens to question and writes down the answer on paper.

6. Daily Rule: Establish a new daily rule every day that includes physical activity. I.e. walk backwards to water fountain, tip toe to the bathroom, stretch before sitting in chair. See if you can catch the students forgetting the daily rule.



© 2007 Your Therapy Source, Inc.

7. Shredder: Cut up worksheets in quarters. Students can help scatter the worksheets around the floor face down. On the teacher's signal, the students can crawl around the floor, find the four quarters of the worksheet, complete the worksheet and give it to teacher.

8. Push Up Line Up: When the students line up against the wall to leave the classroom, have each student face the wall and perform 10 wall push ups. After all push ups completed the class can walk in the line.

9. Mobile Math: Divide the class in half to review math problems. The students can stand at their desks (paper and pencil on desk). Call out a math problem such as $4+5=$. One half of the class jumps 4 times and the other half jumps five times. Each student writes down answer on paper. Continue with other math problems. Vary movements.

10. Q and A Stretching: Provide students with paper at desk. Students can stand or sit. Ask a question and student writes down the answer (very large) on one sheet of paper. Each student holds paper up, with two hands overhead to stretch. Teacher checks answers. Multiple choice questions work best.

Looking for more motor activity ideas?? Visit
www.YourTherapySource.com