

Enid Public Schools

Wellness Guidelines

Introduction

Enid Public Schools officials know that children learn best when they feel well! Therefore, in accordance with state and federal law, the district recently adopted a policy that will help encourage students to live a healthy lifestyle — by encouraging more physical activity and healthy food choices. By working with parents, teachers and PTA groups, we can help our young people lead better — and probably longer — lives!

So what does the law actually do?

It helps students learn how to make healthy food choices. Under the law, junior high and elementary students may not have access, during school hours, to foods or beverages of minimal nutritional value. High school students, however, may have access to these foods. Of all the snacks and beverages offered by the district's vending machines at EHS, at least one-third will be "healthy" food choices. Vendors will offer incentives — such as discount prices — to encourage students to select the more nutritional items.

The law also promotes nutrition education, as well as continues to encourage the schools' Child Nutrition Programs to offer healthy, balanced meals for students in the cafeteria, which is a goal that Enid Public Schools has been accomplishing for decades. In addition to the district wellness policy, each school site will include a wellness component in its Safe Schools plan. Please see your principal for more information about building requirements.

What do you mean by "minimal nutritional value?"

According to law, foods that contain minimal nutritional value fall primarily into four categories: carbonated soft drinks, chewing gum, water ices (such as sugared popsicles and snow cones), and candies made predominately from sweeteners (such as hard candy, licorice, jelly beans, gumdrops, marshmallows, cotton candy and candy-coated popcorn.) It also includes foods that provide less than 5% of the recommended intake of the following nutrients: protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron. Please see [Board Policy CO-R](#) for details.

Can the PTA and student groups still sell candy, suckers and other sweet items for fundraisers?

Yes. These items can be sold after the school day and during evening events; however, if you are interested in trying new and exciting fund-raisers, a list of ideas is attached.

Can students still have cookies and other sweets for classroom parties?

Yes. Cookies, candy and other goodies can be shared for classroom parties because they are special events. This teaches students that all foods can be enjoyed in moderation.

Should teachers or PTA groups reward students with candy?

No. Try a healthy snack, a sticker — or even better — words of congratulations: "Way to go," "I'm proud of you" or "You did it!" This is best for children physically and emotionally.

Do you have any suggestions for healthy snacks?

We're glad you asked. Healthy food doesn't have to be boring or taste bad. Attached you will find nutritious snack ideas that students will gobble up in a flash.

I've still got a lot of questions. Who do I call?

Joan C. McIntyre, RN, BSN, Health Services Supervisor, would be happy to talk with you. She can be reached by calling 249-3520. Also, you may call Amber Graham Fitzgerald, Director of School & Community Relations, at 234-5270.



Creative & Healthy Fund-Raising Ideas

- Provide gift wrapping services for donations at local retail stores during the holidays
- Fun runs; Walk-a-thon (pre-kindergarten: each child gets sponsorship for each lap walked – up to 8 laps/\$1 per lap); Bike-a-thon; Jump-rope-a-thon
- 3-on-3 basketball tournament (charge a team \$40 for entrance; local businesses donate prizes)
- Car wash (pre-sell tickets as gifts, ask for pledges per car in advance, operate a food stand)
- Singing telegrams
- Talent shows/recital/lip-sync contest (local businesses donate items for auction)
- Read-a-thon; Spelling bees; Science fairs
- Carnivals (Halloween, Easter)
- Bowling night/bowl-a-thon
- Magic show
- Family/glamour portraits
- Penny wars (pennies +1 point, nickels +5, quarters +25, team with most points wins)
- T-shirts/caps
- School event planners (includes school dates)
- Treasure hunt/scavenger hunt for families
- Tennis/horseshoe competition
- Recycling cans/bottles/paper/Christmas trees
- Golf tournament
- Auction or money jars for students to place money in (teachers do something, i.e., do cheers, act out a scene from a play)
- Dinner fund-raiser with a live or silent auction (goods, services and talents)
- Community job fair (charge an exhibit fee)
- Bricks with engraved donor names
- Candles/crafts/books/plant sales
- Sell seat cushions at sporting events (sell advertisements on cushions for local businesses)
- School clothing or rummage sale

Source:

Shasta County (CA.) Public Health Department
& the USDA

Good and Good for You!

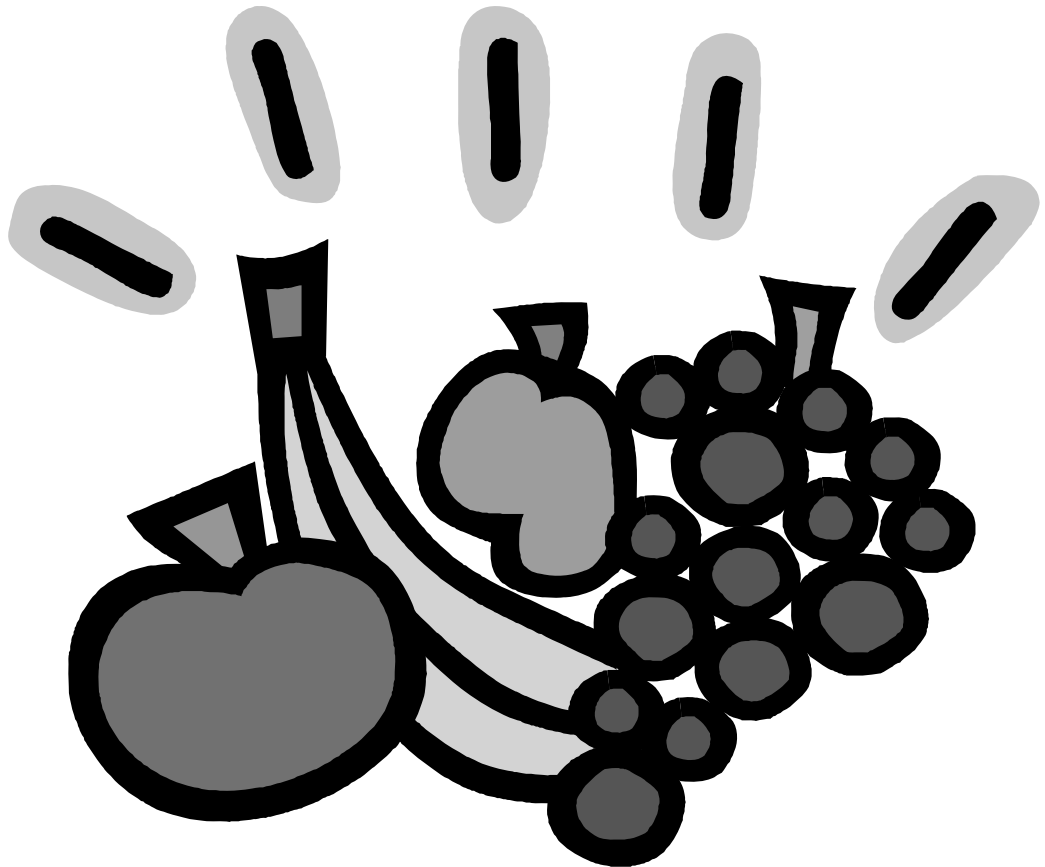
Health Snack Ideas

Fruit:

Apples
Apricots
Bananas
Blackberries
Cantaloupe
Cherries
Grapefruit
Grapes
Honeydew Melon
Kiwis
Mandarin Oranges
Mangoes
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raspberries
Strawberries
Tangerines
Watermelon
Applesauce
Fruit Cups
Canned Fruit
Dried Fruit
Frozen Fruit
Fruit Salad
Popsicles
Smoothies

Vegetables with Dip:

Broccoli
Carrot sticks
Cauliflower
Celery sticks
Cucumber
Peppers (green, red, or yellow)
Snap Peas
Snow Peas
String Beans
Tomato slices
Grape or Cherry Tomatoes
Summer Squash slices
Zucchini slices



Healthy Grains:

Whole Wheat English Muffins
Whole Wheat Pitas
Whole Wheat Tortillas
Breakfast Cereal
Crackers
Rice Cakes
Popcorn
Baked Tortilla Chips
Granola and Cereal Bars
Pretzels
Breadsticks
Flatbreads

Low-Fat Dairy Foods:

Yogurt
Low-Fat Cheese
Low-Fat Pudding and Frozen Yogurt

Other Snack Ideas:

Nuts
Trail Mix
Luncheon Meat

Healthy Beverages:

Water
Seltzer
Low-Fat and Fat-Free Milk
Soy and Rice Drinks
Fruit Juice

Source: Center for Science in the Public Interest & the USDA