

SCHOOL WELLNESS POLICIES

Fall Newsletter 2014

IPS Rewards Students with Non-Food Items

Indianapolis teachers were adjusting to new wellness guidelines that affect the way students can be rewarded in the classroom.

Indianapolis Public Schools has directed all schools in the district that "food will not be used as a reward" to create a healthier environment for kids.

"We're trying not to do celebrations that include food or encouraging students to work harder because they're going to get food," Brookside Elementary School Principal Julie Bakehorn said.

Bakehorn instructed all teachers at School 54 of the new changes that were approved by the IPS board over the summer.

Second-grade teacher Heidi VanDuzer said ice cream parties, popsicle parties, pizza parties and even suckers would be thrown out the window.

VanDuzer will now hand out items like crayons, jump ropes or will offer lunch with a teacher or the chance to be a line leader as prizes to recognize students.

Students at School 54 will now be rewarded with sports equipment for recess and board games will be brought out for parties -- instead of pizza.

Officials hope the shift will get kids thinking less about food and

keep unnecessary junk food out of the classroom.



Healthy Schools

With childhood obesity rates sitting at 18 percent, few would argue that cutting pizza parties is a bad idea. However, VanDuzer said her one concern is that low-income children will no longer ever get a special treat -- that sucker or candy bar -- that they only had the opportunity to enjoy at school in the past.

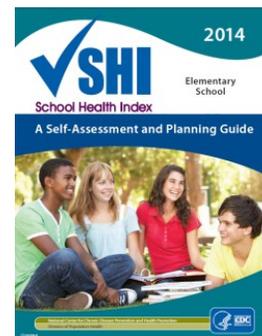
Click [HERE](#) to watch the RTV6 news story by Anne Kelly.

NEW CDC School Health Index

Start the school year with new techniques to encourage student success in the classroom and beyond. Stay tuned to the [Centers for Disease Control and Prevention \(CDC's\) Healthy Schools](#) site for new resources, including the updated [2014 School Health Index \(SHI\)](#) assessment tool.

This tool helps improve the health and safety environment at school.

Working with the [Alliance for a Healthier Generation](#), the CDC has updated its SHI to include information on school-based obesity prevention and health promotion efforts.



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Benefits of Before-School Exercise for Students At-Risk of ADHD

Article by Steve Carmody from Michigan Radio.

Moderate to vigorous exercise in the morning may help children with attention deficit hyperactivity disorder be better prepared for the school day.

[Michigan State University researchers studied](#) 200 kindergarten, first and second grade students for 12 weeks. They found children at-risk for developing ADHD were more attentive in class after exercising.



Alan Smith is the chairperson of MSU's Department of Kinesiology. He says the study suggests including more physical activity in schools could lessen the effects of ADHD in some children.

"This might suggest we want to rethink some of our policies that have moved physical activity and physical education out of the school day," says Smith, though he adds more research is needed.

The study can be found [HERE](#).

National Take Your Parents to Lunch Day

Celebrate
National Take
Your Parents
to Lunch Day
October 15th

National Take Your Parents to Lunch Day is an event that takes place each October. Parents will visit their children's school and have lunch with them in the cafeteria.

The goal is to learn more about what goes into putting together a healthy lunch, and for parents and school officials to open the lines of communication so they can work together to provide kids with the healthiest meals

possible. Learn more about how your school can participate in Lunch Day by clicking here.

The event is important because it's an opportunity for parents to learn what the day-to-day lunch experience is like. It's also a great way to spend time with your kids and talk to them about the importance of healthy eating habits at lunch—and every meal.

Download the [National Take Your Parents To Lunch Day Toolkit](#) to view important information about this special day and to learn how the updated standards have affected your child's lunch tray.

See more at myhealthyschool.com.



Non-Food Classroom Rewards

Schools are designed to teach and model appropriate behaviors and skills to children. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy food." — http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food_As_Reward.pdf

Elementary School Students Non-Food Rewards

- Make deliveries
- Teach the class
- Exercise in class to music
- Read morning announcements
- Have a private lunch in the classroom with a friend
- Trip to the treasure box
(filled with non-food items: crayons, stickers, pencils, bookmarks, etc.)
- Commendation Certificate or letter sent home to parents



Middle School Students Non-Food Rewards

- Listen to music while working at desk
- Do a brainteaser puzzle
- Have lunch outside
- Field Trips



High School Students Non-Food Rewards

- Late homework pass
- Tickets to school events
- Extra credit
- Brain breaks

Making a transition from candy and food-based rewards to healthy non-food rewards may seem a bit daunting at first, but if students see their teachers getting excited about these rewards, chances are they are going to get excited as well!

What are your ideas for healthy rewards? We'd love to hear what's worked for you!

Healthy FUNdraisers: Go Local & Get Green

School fundraisers using locally grown food and products can be a healthier alternative to typical fundraisers focusing on sales of candy, cookie dough, or pastries.

These fundraisers not only teach kids about local agriculture but also support local products and the local economy.

- In-season fresh fruit and vegetables
- Seedlings, perennial plants, and fresh-cut bouquets
- Autumn pumpkins, squash, gourds, Indian corn
- Christmas trees, wreaths
- Holiday gift baskets
- Local farm passes
- Soy candles



REMINDERS

- Hopefully by now you have dusted off your wellness policy and started to meet with your wellness policy committee to implement the changes required by USDA.
- Are you attending the Indiana School Nutrition Association (ISNA) Conference October 23-25? There will be a wellness policy panel and you will not want to miss hearing from other schools on how they are successfully implementing the new requirements. For information on the conference, click [HERE](#).
- Did you miss DOE's Wellness Policy trainings this summer? No worries. Posted on our [webpage](#) is a 15 minute webinar that discusses the new requirements.



Visit DOE's Wellness Policy Homepage at:

www.doe.in.gov/nutrition/school-wellness-policy

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