JMMES School Wellness: Health, Nutrition & Physical Activity Policy

Water
Water should be available at lunchtime and throughout the day and be promoted as a drink of choice.

Fundraisers
Fundraisers on campus should not sell food unless it is healthy (e.g. Florida oranges) and when possible, fundraisers should promote wellness (e.g. a 5K race or Zumba-thon). A copy of fundraising ideas is available in the main office.

Snacks
As required by the USDA, snacks served during the school day or in afterschool programs should meet the Smart Snacks Guidelines which emphasize serving fruits and vegetables. A Smart Snacks calculator can be found at https://foodplanner.healthiergeneration.org/calculator/.

Celebrations

Birthdays
For grades Pr-K-2, each child will be celebrated on their birthday with non-food activities. For example, the teachers in each grade may choose a game, song or special activity to celebrate each birthday. In addition, we will keep the traditions of each child having his/her name announced on the loudspeaker, given a birthday certificate and pencil and receive a special gift from the PE teacher.

Non-food celebrations are encouraged in all grades, but any food celebrations for birthdays in grades 3-5 will be limited to healthy options once per month.

Holidays and Parties
Holiday parties such as Valentine’s Day, Halloween, 100th Day of School, etc. should be focused on fun and celebrated with non-food activities. Ideas for non-food celebrations are available at the main office or on websites like Pinterest. If food is included as part of a celebration, it will be limited to healthy options.

Rewards
Teachers will not use foods or beverages as rewards for academic performance or good behavior (unless part of an Individualized Education Plan (IEP)) and will not withhold food or beverages as punishment. A list of alternative reward ideas can be found at the main office.

Nutrition Education
JMMES will work to create a culture of wellness where healthy eating is modeled and supported. JMMES will provide nutrition education and engage in nutrition promotion so that all grades receive at least 4 hours of nutrition education per year.

The School Administration will also communicate healthy tips and ideas to parents through its newsletter and through events.

Teachers will have opportunities to have professional development to support wellness efforts.
**Physical Activity**
In addition to PE 3 times per week, students will participate in Brain Breaks in class and during All School Meeting. Indoor recess will include physical activity. Field Trips will include physical activity whenever feasible. The school will offer a Wellness Club to promote healthy living including walking for fitness, nutrition tips and yoga.

**JMMES School Nutrition Guidelines FAQ**

**Who Created these Guidelines?**
These proposed guidelines have been developed by the JMMES School Wellness Committee and are consistent with the East Hampton UFSD Wellness Policy. The Wellness Committee is seeking broad input from our community on the creation of the guidelines.

**What is the JMMES School Wellness Committee?**
The Wellness Committee is a group formed by Principal Doyle to improve wellness for the school. This committee meets monthly and is composed of teachers, parents, administrators and representatives from community-based wellness organizations. The committee is looking for ways to improve several aspects of wellness at JMMES, including, nutrition education for students, parents and faculty; increasing opportunities for physical activity; reducing junk food in school; and connecting the school garden to wellness efforts.

**Why Do We Need to Worry about Wellness in School?**
- One in three children in the U.S. is overweight or obese and 70% of overweight adolescents will become obese adults
- 75% of kids get less than 20 minutes of vigorous physical activity every day
- Fewer than 25% of adolescents eat enough fruits and vegetables each day
- Evidence is clear that nutrition and physical activity play a critical role in academic achievement and school behavior.
- Children spend so much time in school that it’s imperative for our schools to be role models of wellness if we want to help our children develop healthy habits for life.

**Why Do We Need Guidelines?**
Guidelines will help us communicate clearly and set a standard for being a role model of wellness. The guidelines will address such topics as nutrition education and junk food in school. The purpose of these new guidelines is not to take the fun out of celebrations or school. It’s to substitute alternative ways to celebrate, reward students and raise money that promote the health of our children and community.

**Why Do We Want to Replace Junk Food with Other Options?**
While we recognize the desire to celebrate birthdays and reward children, we have observed that there are many great ways to do so without involving food. Some reasons we want to encourage removing junk food from school is:
- Non-food rewards and celebrations promote a healthier school environment by encouraging healthy eating habits, and they demonstrate consistency with healthy messages in school. They also provide children with the opportunity to practice healthy habits.
• When students are given junk food rewards in class and when celebrations always occur with unhealthy food, students develop the unhealthy habit of associating all successes and milestones with junk food. This connection can set kids up for unhealthy associations with food that can last a lifetime.

• Removing junk food during celebrations allows all families, regardless of financial situation, to participate in celebrations.

• Junk food brought into school can be a source of allergies for some children.