

New Board Wellness Policy and Guidelines

The Mark West School Board recently adopted the new board policy on Wellness that conforms to newly passed laws. The Wellness Policy stipulates that students are provided opportunity to be physically active on a regular basis. Under the nutritional guidelines, all foods available on school campus are to follow the guidelines consistent with new regulations (42 USC 1773 and 1779) and support the objective of promoting student health and reducing childhood obesity (42 USC 1758b).

As a school community, we want our children making healthy choices and want to encourage parents to support the new policy as we partner with you for classroom celebrations, or when you are bringing a special treat such as for a child's birthday. Classroom teachers will discuss options at Back to School Night on August 31st. Students might bring a favorite book from home, or share a hobby or collections on their special day. Below are healthy food choice ideas that follow the nutritional guidelines. If you do send food, please be sure it is in ready to eat portions. Thank you in advance for helping us establish healthy choices for our children.

Healthy Classroom Celebration Ideas

- Fresh fruit assortment, fruit salad
- Fruit and cheese kabobs
- Fruit with low-fat whipped topping or topped with yogurt
- Dried fruit, Nuts and seeds
- 100% fruit snacks
- Pretzels, low-fat popcorn, rice cakes, graham crackers, animal crackers
- Vegetable trays with low-fat dip
- Celery or carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Angel food cake plain or topped with fruit and low-fat whipped topping
- Bagel slices with peanut butter or jam, fruit and whole grain muffin (low-fat)

- Whole wheat English muffin
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon)
- Pizza dippers with marinara sauce
- Ham, cheese or turkey sandwiches or wraps.
- Lowfat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits
- Quesadilla or bean burrito with salsa
- Low-fat breakfast or granola bars
- Lowfat tortilla chips with salsa or bean dip

Healthy Drink Options:

- Low-fat or nonfat plain or flavored milk
- 100% fruit juice,
- Flavored/sparkling water (without added sugar or sweeteners)
- Fruit smoothies (low-fat yogurt, fresh or frozen fruit, ice)