



"Good nutrition is essential for all students' academic, emotional, and physical well-being – now and in the future."

- Brian Carpenter, Superintendent of RSU 20



Dear RSU 20 Staff,

In the spring of 2013, 5 elementary schools in RSU 20 earned a Bronze Award in the Healthier U.S. Schools Challenge – an award given to only 5% of schools nationwide! The award reflected our positive efforts in nutrition and physical activity. We have established a good foundation and are now working toward the Silver Award. This does not require major changes – just working together in the right direction. One way we can work together is through our Wellness and Nutrition policies.

Below we have highlighted some points in the RSU 20 Wellness and Nutrition policies that are goals district-wide, and which dovetail with our commitment to the 5210 *Let's Go!* message of teaching healthy habits in school.

Snacks and Celebrations:

From our Wellness Policy, pg. 5: *The goals of the Wellness Policy must be considered when planning school or classroom celebrations or events.* Our wellness goals encourage healthy foods, snacks and activities.

From our Nutrition Policy, page 1: *The only beverages which may be sold or served in the schools of RSU #20 are: fruit-based drinks that are 100% fruit juice and that do not contain added sweeteners; waters; low-fat or fat-free milk, including flavored milk, calcium fortified soymilk and rice milk. Fruits and vegetables shall be offered at any location in the District where foods are sold or served.*

Wellness Policy, pg. 2: *Encourage non-food rewards (such as extra recess) for academic and other achievement.*

Physical Activity:

Wellness Policy, pg. 1:

Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity during the day (e.g., physical education) as punishment, unless participation would cause a student to be a danger to himself/herself or others as allowed by a student's Individualized Education Plan (IEP).

Wellness Policy, pg. 4, bullet 11:

Students will be provided the opportunity for daily physical activity through physical education classes, daily recess periods, and the integration of physical activity in the classroom, such as Take Time, 5210 Goes to School, and Brain Gym. RSU #20 will strive to reach the national recommended standard for physical activity for students (currently 150 minutes per week for elementary and 225 minutes per week for middle and high school students).

School Events and Fundraising activities:

Wellness policy, pg. 5, bullet 4:

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

Finally, in alignment with the 5210 *Let's Go!* philosophy regarding kids and screen time, let's be mindful of limiting *recreational* (not educational) watching of films, videos and other forms of passive viewing.

Thank you for your efforts in helping to make the schools and staff of RSU 20 healthier and more productive through better nutrition and physical activity. To help you with ideas and with finding fun, healthy options, please see the resources on the next page. Thank you!

RSU 20 Wellness Resource List

Here are some ideas to help you find healthy alternatives and activities throughout the school day:

Snacks & Celebrations, Beverages, Physical Activity, Screen Time

From Let's Go school toolkits: there are tabs for each topic above

<http://www.letsgo.org/programs/schools/k5toolkits/>

Healthy Celebrations Booklet from USDA

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/quickandeasy/celebrations.pdf>

Healthy Celebrations from MyPlate

<http://www.choosemyplate.gov/Bday/celebrations.html>

More Ideas for Physical Activities for Kids:

From Fuel Up to Play 60: <http://school.fueluptoplay60.com/tools/view.php?id=15749467>

Resources and links from Schools on the Move Challenge:

<http://pvhs.org/documents/Foundation/Indoor%20Physical%20Activity%20Ideas%20for%20Kids.pdf>

From PBS Kids:

<http://pbskids.org/zoom/activities/games/>

From Your Therapy Source:

http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf

Healthy Fundraising Tips

From Action for Healthy Kids:

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisersf4.pdf>

From Centers for Science in the Public Interest, contact info for fundraising companies in

Appendix: A, at back of this booklet: <http://www.cspinet.org/schoolfundraising.pdf>

Non-Food Fundraising ideas, from ilovefundraising.com:

<http://www.ilovefundraising.com/catalog/nonfood-fundraisers-c-8.html>

From No Junk Food.org:

<http://www.nojunkfood.org/fundraising/>

Make sure to visit the RSU 20 Wellness Pages each month for more tips, recipes and ideas!