

NUTRITION

Research clearly demonstrates that good nutrition is linked to **better behavior and academic performance** and contributes to the best possible learning environment for children. Our classroom has adopted the following guidelines. These guidelines cover daily incentives, snacks, and classroom parties. We ask parents to adhere as closely as possible to these guidelines when sending in food. Thank you!

Daily Incentives: Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance. Our classroom will focus on non-food rewards. Examples of non-food incentives and rewards are:

- Stickers, small toys, pencils, stuffed animals, etc. (**Parents please donate if you are able.**)

Snacks: Snacks offered during the school day should make a *positive* contribution to children's diets and health with an emphasis on foods/beverages that are low in fat, sugar, salt, and caffeine.

Classroom Parties: Healthy alternatives are to be provided at any event where food is served. Room parents will work with the teacher to ensure that if a "treat" (e.g., a cupcake or a cookie) is served at the party that they provide balance with healthy alternatives such as water, vegetables/fruits, pretzels, etc. (Search the internet for many healthy classroom treat ideas.) There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

Live Fit Tooele County has developed the following suggestions for snacks (based on added sugars, saturated fat and vitamin content) served in the classroom and for classroom parties. The items mentioned represent a suggested list that is not inclusive. Reviewed by: Eileen Deleeuw MS, RD, CDE

Healthier Snacks

Baked chips
Crackers
100 calorie pack cookies or crackers
All natural fruit leather or fruit snack
Rice Krispie squares (pre-packaged)
Rice Cakes
Animal crackers, Teddy Grahams
Dried fruit mix
Granola bars—low fat
Peanuts, mixed nuts
Popcorn – low fat
Pretzels
Raisins

Healthier Beverages

Water
Water – vitamin enhanced
Water – flavored with fruit juice
100% fruit juice
Sparkling fruit juice
Milk – low-fat or fat-free

Healthier Cold Foods

Fruits and veggies
Frozen juice bars
Frozen low-fat yogurt bars
Cheese
Deli meat

(Allergies to peanuts/nuts are a growing problem. Please confer with your child's teacher before providing classroom snacks that contain peanut/nut products.)

Healthy Classroom: Physical Activity Guidelines-Parent Copy

PHYSICAL ACTIVITY

Being active throughout the day has been shown to **increase concentration and focus, improve classroom attendance and behavior, and boost academic performance.** Our classroom strives to include physical activity into the day as much as possible through brain breaks and active indoor recess.

- **Brain Breaks!** We have brain breaks throughout the school day (*2-3 minutes each time*) to keep student's minds alert and ready to learn.
 - Examples are jogging in place, dancing, jumping jacks, deep breathing exercises, or stretching.
- We keep recess active when the weather is bad and requires indoor recess.