

# WHAT'S NEW 16-17

## Promoting Healthy Active Living



### Nutrition and Physical Education

At the June 13 school board meeting our revised 6700 Procedure / Policy was approved.

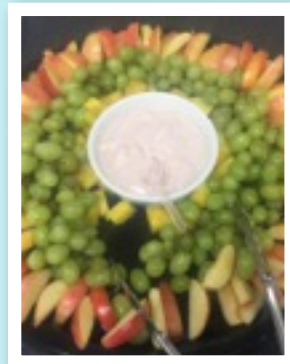
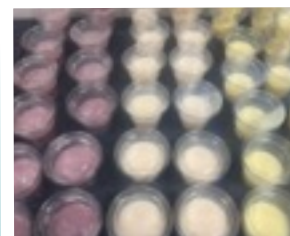
The following are three items reflected in our updated Nutrition and Physical Education policy / procedure that we would like to share with you. The Mead School District is passionate about promoting active living and healthy environments for our community. Click to view: [policy](#) / [procedure](#)

#### Classroom Celebrations

These items can be ordered through your school nutrition department. Click below for more information!

[Mead Healthy Living Website](#)

See page 2 for pricing!  
**Smoothies**  
**Yogurt Dip & Fruit trays**



1

#### CLASSROOM CELEBRATIONS

One party per month with one treat!

2

#### REWARDS

Use non-food rewards in our classrooms.

3

#### SMART SNACKS

Student stores and fundraisers will meet federal regulations.

Our updated policy and procedure shares the following language:

# 1

## Classroom Celebrations

Our updated policy asks schools to limit celebrations that involve food during the school day to no more than one party per class per month.

**Each school is working towards healthier celebrations. Please refer to your child's classroom teacher for further details around party dates and protocols for treats, non-food items & special activities.**

In the event your child's classroom is having a celebration this year we are offering platters meeting smart snack guidelines. Below are class prices for 20 or 30 students:

- Fruit & Yogurt Smoothies ..... \$15/\$23
- Fruit Tray w/ Yogurt Dip ..... \$16/\$22
- Veggie Tray w/Ranch Dip..... \$12/\$18
- Veggie / Hummus Dip ..... \$17/\$23
- Sherbet low-fat ice cream cups \$10/\$15

**Order 1 - 2 weeks in advance @ 509-465-6100, Nutrition Services after consulting with classroom teacher.**

Each celebration should include no more than one food or beverage that does not meet the Smart Snacks standards. To view the Smart Snack calculator to assist with party planning [click here!](#)



# 2

## Rewards

Our schools / classrooms are working towards not using foods or beverages as rewards for academic performance or good behavior to meet the requirements of our policy. Here are sample ideas on non-food related academic rewards; [click here](#) and scroll to the last page.

## Smart Snacks

# 3

This encompasses all foods and beverages sold to students from midnight to thirty minutes after the school day ends. (Student Stores, Vending, Ala Carte, Fundraisers) For all buildings and all ages:

- Water is available all day.
- Student stores are not open before school.
- All foods and beverages sold** will meet federal guidelines (vending machines, fundraisers, ala carte).
- No energy drink (e.g. Red Bull, Monster) sales during the school day.
- Schools will encourage fundraising activities that promote physical activity.
- Booster clubs will offer healthy snack choices and will not sell energy drinks.