

# Springer Elementary School

1120 Rose Ave, Mountain View, CA 94040

(650) 943-4200. Fax (650) 965-9683

Mr. Wade Spenader, Principal

## **Springer Elementary School Health and Wellness Policy**

As part of the state and national effort to curb childhood obesity, improve children's health and enhance student learning, new state and national legislation has created stronger standards for food and beverages sold or provided at school. The new legislation impacts all districts.

**Birthday Celebrations:** We will be recognizing students individually within their classes. Each class does this a bit differently. If you would like to bring something for your child's class it will need to be a non-food item and packaged individually for distribution at the end of the school day. This policy includes other celebrations as well, like Valentine's Day. Please arrange with your child's teacher.

**Classroom Celebration:** (This would be for student earned celebrations, ask your child's teacher for details.) Classroom celebration can only occur during or after the lunch period and no more than one celebration per month. Food at all celebrations must be commercially prepared and meet the nutritional standards below:

- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight is composed of sugar, including naturally occurring and added sugar
- Its total calories should not exceed 175 calories per serving

"Put food in its proper place. Refreshments should complement the fun, not become the 'main event.'"

**Group Snacks:** All food provided to a class for snack recess must be commercially prepared and follow the nutritional guidelines stated above. See the reverse for healthy food ideas.

We want to ensure that our students are receiving a consistent message from all of us at school and at home. Thank you for helping us promote a healthy school environment.

### Healthy Food Ideas:

- Dried Fruit (raisins, cranberries, apricots, banana chips)
- Fresh Fruit (fruit and cheese kabobs, fruit salad)
- Frozen fruit (frozen bananas, frozen grapes)
- Vegetable Tray with a low fat dip (carrot sticks, cucumber strips, etc.)
- Whole grain crackers with low-fat cheese, string cheese or hummus
- Low-fat yogurt (squeezable yogurt, yogurt parfaits, yogurt topped with fruit)

- Low-fat breakfast or granola bars (Cliff Bars, Luna Bars, fruit bars)
- Nuts and seeds (pumpkin seeds, almonds, walnuts)
- Ready-to-eat, whole grain cereals such as toasted oat cereal.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.
- Low-fat trail mix
- Fruit juice must be less than 50 percent sugar
- Drinking water should have no added sweetener
- Milk should be nonfat or low fat.

Be sure to check with your child's teacher regarding any food allergies in the classroom. We have many students with nut allergies.