

## HEALTHY SNACK SUGGESTIONS

- Water
- Flavored club soda without added sugar or chemicals
- 100% fruit juice
- Fat-free or low-fat white or chocolate milk
- Baked snack items or pretzels
- Fruit or veggies with low-calorie dip
- Trail mix, granola or all-fruit bars



## NON-FOOD REWARD AND CELEBRATION IDEAS

- Lunch with teacher or principal
- Class leader for the day
- Coupon for privilege or prize
- Indoor/outdoor games for the class
- Special art project
- Gift of a book
- No homework coupon



FOR INFORMATION ABOUT THE  
OSSINING SCHOOL DISTRICT  
PLEASE VISIT

[WWW.OSSININGUFSD.ORG](http://WWW.OSSININGUFSD.ORG)

Websites with information about  
leading a healthy life:

<http://www.mypyramid.gov>

<http://www.kidshealth.org>

<http://www.cancer.org>

<http://www.americanheart.org>

<http://lensaunders.com/paces>

<http://www.healthyfood.co.nz>



OSSINING UNION FREE SCHOOL DISTRICT

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Phone: 914-941-7700

# WELLNESS POLICY...

AT A GLANCE

OSSINING  
UNION FREE  
SCHOOL  
DISTRICT

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# MISSION STATEMENT

Federal Public law (PL 108.265) now requires that all schools create a Wellness Committee and implement a wellness policy – for the purpose of helping to create a school environment that promotes and protects children’s health.



The Ossining School District is committed to educating students, staff and their families about the importance of good nutrition and exercise as a means toward good health and fitness and to effectuate positive practices within the schools that contribute to wellness.



# THE WELLNESS COMMITTEE

The Ossining School District’s Wellness Committee consists of representatives from a cross-section of the District’s community and includes school nurses, a nutritionist, health teachers, the director of physical education, student advisors, the Executive Director of Finance and Operations, the food service director and other administrators, and parent volunteers.



## THE GOALS OF THE COMMITTEE INCLUDE...

- ~ Providing an education program for students and their caregivers – to teach about the benefits of eating well and being physically active.
- ~ Providing guidelines for affordable and healthy school meals.
- ~ Helping to establish a healthy school environment.
- ~ Promoting wellness among District personnel.
- ~ Interacting with the community regarding concerns relating to health, nutrition and fitness.



# WELLNESS POLICY GUIDELINES

- School Food Service – is to offer foods of the highest nutritional value, while taking financial impact into consideration. The Wellness Committee is to provide guidelines for the bid specifications and monitor adherence to those guidelines.
- Vending Machines – will not contain candy or soda. Items sold are to conform to the “school food service” guidelines.
- School Celebrations – are recommended to utilize non-food themes and activities. Food served should include “healthy choices” such as water, fruit and vegetables.
- Fundraising and items sold at school-sponsored events – are encouraged to feature healthy foods and non-food items and services.



- Physical Activity – to provide every student (regardless of ability) with regular, age-appropriate physical education as well as moderate to vigorous physical activity in accordance with nationally recommended guidelines and New York State Education Department regulations.

