

MONTCLAIR ELEMENTARY

SCHOOL WELLNESS PLAN

At Montclair Elementary, our goal is to create an environment that promotes healthy choices for all students and staff. Students and staff will make positive choices about nutrition and physical activity throughout the school day. Staff will support positive lifelong habits for all students. These procedures along with the mission of Montclair will help our school make health, wellness, and physical activity a priority with the support from students, staff, parents, and the community.

Birthday Treats

Edible treats such as cake and donuts may not be brought to school due to student nutritional needs, allergies, and other considerations. In lieu of edible treats, families/staff may bring non-food items such as pencils, stickers, etc. or purchase a class gift such as a frisbie or sidewalk chalk to help celebrate the student's/staff member's special day. Fitness Ambassadors will also have available at cost non-food treats in classroom sets (see order forms in newsletter for more information).

****Refer to Birthday Treat List***

Classroom Rewards

Non-edible classroom rewards, fun days, and extra physical activity will be encouraged to be used by teachers as classroom rewards. Special circumstances may warrant an edible reward but no more than one edible reward per month. ****Refer to Classroom***

Non-food Reward List

Classroom Snacks

Children may bring a nutritious snack to be consumed during the school day. This snack should be listed from the Recommended Snack List provided due to student nutritional needs, allergies, and other considerations.

****Refer to Recommended Snack List***

Lunch

Carbonated beverages are highly discouraged in the cafeteria, during the day, or on field trips.

Parties (Halloween & Valentines)

Non-food centric games/activities will be planned for classroom Halloween and Valentines parties. Candy Valentines may be given out at school but will be sent home for parent approval and consumption.

Physical Activity

Students in grades K-5th will receive Physical Education classes for 60-80 minutes per week taught by a certified PE teacher. Students will also participate in 20 minutes of recess activity per day. In addition to recess time, teachers may provide activity "brain breaks" which can include "Go Noodle" time, walking on the walking trail, and classroom exercise breaks.

Water Bottles

Staff and students are encouraged to bring water bottles or utilize the drinking fountains.

BIRTHDAY TREAT LIST


Class Gifts:

- inside recess game
- sidewalk chalk
- nerf football
- Madlibs
- Rubix cube
- plant
- book(s)
- math games
- classroom supplies (check with the teacher for specific needs)

Individual Gifts:

- pencils
- stickers
- pens
- markers
- erasers
- rulers
- books
- bookmarks
- trinkets
- homemade individual crafts
- bracelets/wristbands, etc.

CLASSROOM NON-FOOD REWARD LIST

 Stickers, pencils, pens, markers, erasers, books, bookmarks, trinkets, extra recess/extended recess, activities, game time, reading time, working/reading in a special place, use of a special chair for the day, extra art time, technology time, special job status, no-homework ticket, eat lunch with the teacher, be a helper in another classroom, reward tokens/button/coupons, Go Noodle time, take a walk, play music during work time, class dance party, read a book to a buddy, wear comfy clothes, free choice activity, treasure chest, stuffed animal day, slippers/PJ day, etc.

RECOMMENDED SNACK LIST

All classrooms snacks are recommended to be chosen from this list. Snacks may be sent home due to student nutritional needs, allergies, and other considerations. Please remember - **CLASSROOMS ARE PEANUT SAFE ZONES!**

Whole Grains

- Whole grain rice cakes, muffins, bagels
- Graham crackers or non-frosted whole grain animal crackers
- Triscuits, pretzels, or whole grain/rye crackers (such as Goldfish pretzel or plain crackers)
- Oatmeal breakfast squares or breakfast bars
- Crunchy granola bars or plain granola **(Please check labels for nuts)**
- Popcorn (plain or lightly salted)
- Dry, ready to eat whole grain cereals

Dairy or Dairy Alternatives (Remember to pack a disposable spoon!)

- Cheese or cottage cheese
- Yogurt (soy, dairy, coconut) or Greek yogurt

Protein

- Hard boiled egg (already peeled)
- Protein bars
- Hummus, bean dip, or edamame
- Turkey sticks, beef jerky

Fruits & Vegetables (Remember to pack a disposable spoon!)

- Applesauce or fruit cups
- Dried fruit: raisins, apricots, apples, cranberries, pineapple, papaya, fruit leather (100% fruit strips)
- Fresh fruit: apples, apricots, bananas, blackberries, black olives, blueberries, cantaloupe, cherries, grapefruit, grapes,

guacamole, honeydew melon, kiwi, mandarin oranges, mangoes, nectarines, oranges, peaches, pears, pineapple, plums, raspberries, strawberries, tangerines, watermelon

- Fresh vegetables: broccoli, carrots, cauliflower, celery, cucumber, lettuce, peppers, snap peas, snow peas, string beans, tomatoes, squash, zucchini

CLASSROOMS ARE PEANUT SAFE ZONES! Read all labels and if the label includes “manufactured in a facility that may also process peanuts,” please do not send to school.

ALLERGEN STATEMENT
INGREDIENT STATEMENT
NUTRITIONAL FACTS PANEL

Nutrition Facts	
Serving Size 1 Bar (22g)	
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	10%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamin 10%	Riboflavin 10%
Niacin 10%	Vitamin B6 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: CEREAL (RICE, WHOLE GRAIN WHEAT, SUGAR, WHEAT BRAN, SOLUBLE WHEAT FIBER, SALT, MALT FLAVORING, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN]), SOLUBLE CORN FIBER, FRUCTOSE, CORN SYRUP, ROASTED ALMONDS, ROASTED PEANUTS (PEANUTS, PEANUT OIL), SUNFLOWER OIL, DEXTROSE, SUGAR, HONEY, CONTAINS 2% OR LESS OF SORBITOL, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, NIACINAMIDE, BHT (PRESERVATIVE), SOY PROTEIN ISOLATE, NONFAT MILK, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE).

ALLERGY INFORMATION: CONTAINS WHEAT, ALMOND, PEANUT, SOY AND MILK. MAY CONTAIN OTHER TREE NUTS.

Recommended daily amounts for children:

Sugar for children = 25 grams per day	Sodium = less than 2,300 mg
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Fiber = 13 grams per day

Protein = 20-35 grams