

Ashland Elementary School

Wellness Policy

The Ashland School District believes if students are going to have the opportunity to achieve personal, academic, development, and social success, they need to have a positive, safe, and health promoting learning environment. Scientific research has proven the important connection between academic success and adequate nutrition, hydration, and physical activity.

In support of that connection, our new Wellness Policy includes the following commitments:

Nutrition Education and Promotion~~Help students develop life long healthy eating behaviors.



Through the Fresh Fruit and Vegetable program, students are offered healthy mid-morning snacks every day.



Classroom celebrations which include snacks will be held after lunch to avoid decreasing students appetites prior to scheduled meals. These celebrations will also focus on physical active parties and reducing snacks that contain high amounts of sugar.



There are many benefits to drinking water throughout the day. Students are encouraged to carry personal water bottles to class to ensure they are drinking water throughout the day.

Physical Activity~~Emphasize and promote participate in lifelong physical activities



- Physical education activities that include co-curricular sports teams, fitness training and winter activities will be promoted.
- Students and staff will engage in active classroom activities
- Rewards promoting physical activity will be encouraged

Other School Based Activities that Promote Wellness~~Support students, staff and parents' efforts to maintain a healthy lifestyle.



School sponsored community food drives will provide recommended nutritional information to community members, to promote collection of healthier food items.

Please see back side for healthy snack guidelines.

Go to <https://foodplanner.healthiergeneration.org/products/> to check smart snacks.

Also, the USA suggests the guidelines below when preparing lunch box snacks and/or classroom celebration refreshments.

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less