



New Rochelle Schools Celebrate No Junk Food Week

All eleven of New Rochelle City School District's elementary and secondary schools are participating in No Junk Food Week 2007.

The following has been planned for the **elementary schools**:

- ♥ Free Breakfast will be served to all elementary school students during No Junk Food Week. The district's Food Service Director assisted in designing particularly healthy breakfast options for the week.
- ♥ The Healthy Snacks Contract will be used as a homework assignment for the week.
- ♥ "My Pyramid" stickers will be distributed in the lunchroom to each child who selects a healthy choice food on Wednesday during No Junk Food Week.
- ♥ All students who complete their Healthy Snack Contract will be given pencils imprinted with apples at the end of No Junk Food Week.
- ♥ Morning announcement will be made each day during No Junk Food Week. The district's Wellness Committee developed 5 suggested announcements for the principals to use.
- ♥ No Junk Food Week is the subject of PTA newsletter articles.

A Teacher Guide was developed with resources including 5 suggested daily activities and grade-specific lesson options. Announcements about No Junk Food Week will be posted on school web pages.

New Rochelle's **secondary schools** have planned the following activities:

- ♥ A daily theme was selected as follows.
 - Monday is beverage
 - Tuesday is breakfast
 - Wednesday is lunch
 - Thursday is dinner
 - Friday is snack
- ♥ A morning announcement, "Food for thought", will introduce the theme of the day.
- ♥ The New Rochelle High School will have demonstrations related to the theme in a central gathering area.
 - Unhealthy food choices versus healthy food choices will be compared.
 - Exercise equipment will be on hand to show the ratio of calorie burning and exercise.
 - Health and Phys Ed teachers, students in Independent Phys Ed, and school clubs will be involved.
- ♥ The cafeteria will have nutritional signage for popular items.

♥ The Health Office will create a flyer for teachers/staff to explain the week, what is expected, and examples of how to be a positive role model. Healthy tips and smart snack information will be posted and distributed from the Health Offices.

♥ This agenda will be outlined in the school newsletter. Education, as well as increasing awareness of better nutrition and fitness, is the goal at the high school level.

In addition, posters will be on display in all schools to promote healthy food choices.