

Port Chester -Rye Union Free School District

113 Bowman Avenue
Port Chester, NY 10573

District Wellness Newsletter

Volume 1, Issue 1

June, 2008

Past, Present and Future Goals

The Wellness Policy Development Team was formed at the beginning of the 2005-06 school year. The work and dedication of the committee accomplished the team's goals of completing a local Wellness Policy. The draft policy was presented to the Board of Education on May 30, 2006 and was implemented the beginning of the 2006-07 school year. Some of the components of this policy are:

1. Nutrition education, physical activity and other activities designed to promote student wellness.
2. Quality school meals on each campus during the school day.

3. Community involvement, including parents, students, school food employees, school board, school administrators and the public.

4. Positive marketing of healthy eating and physical activity throughout the schools.

Currently the Wellness Committee is made up of fourteen people who meet several times during the school year to discuss topics relating to wellness. Topics include: No Junk Weekly Activities, Nutrition and Health, and School Lunch Programs.

The goal of the committee is to continue implementing

and refining the Wellness Policy in all Port Chester schools. The committee will continue to meet several times a year to discuss topics of importance.

In an effort to give students, parents, and the community useful information with regard to Wellness, the Committee will distribute a yearly newsletter.



Committee Members:

Joe Durney
Maura McAward
Frank Fanelli
Robert Burke
Thomas Josephson
Pat Swift
Chris Wagner
Sue Merims
Trish Looney
Sue Depan
Ellette Hirschorn
Maria Flores
Regina Peniowich
Toby Miller



District Event Calendar Events



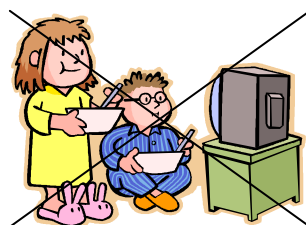
March 10-15

No Junk Week



May 5-9

TV Turnoff



May 7

King Street Walk for National Physical Fitness and Sport Month



Have a great summer and remember to eat healthy.

Chinese Proverb

What I Hear,
I forget.

What I see,
I remember.

What I do,
I know

Board of Education Wellness Policy



Component 1: A Commitment to Physical Activity and Nutrition

Physical Education

The school district is committed to providing physical education in a safe and healthy environment that:

- is consistent with the New York State Commissioner's Regulation 135.4, to the extent possible;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Recess Goals

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Employees will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Integrating Physical Activity into Classroom Settings and Beyond

For students to receive the amount of daily physical activity mandated by New York State and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.; and,
- provide opportunities for physical activity to be incorporated into other subject lessons and through available health services.

Component 2: Quality School Meals

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fresh fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that half of the served grains are whole grain.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- utilize methods to serve breakfasts that encourage participation, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- utilize electronic identification and payment systems;
- provide meals at no charge to income eligible children; and,
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools) to the extent possible;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Component 3: Other Healthy Food Options Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

In schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.

Foods

By September 1, 2007, a food item sold individually:

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars; and,
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.

Portion Size

Limit portion sizes of foods and beverages sold individually to those listed below: one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;

- one ounce for cookies;
- two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- eight ounces for non-frozen yogurt;
- twelve fluid ounces for beverages, excluding water and milk; and,
- the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

The school district encourages fundraising activities that promote physical activity. To support children's health and school nutrition-education efforts, school fundraising activities should encourage the use of foods and beverages that meet the above nutrition and portion size standards for foods and beverages sold individually.

Snacks

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools should offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Continued next page

Board of Education Wellness Policy

Rewards

The school district will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

Schools should evaluate their celebration practices that involve food during the school day and encourage foods or beverages that meet the nutrition standards for foods and beverages sold individually.

School-Sponsored Events

20 per cent of foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Food Safety

All foods made available on campus must adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel, as approved by Board of Education policy.

Component 4: Pleasant Eating Experiences

The eating experience will:

- provide for affordable meals;
- be appealing and attractive to children;
- be served in clean and pleasant settings;
- provide for drinking fountains to be available for students to get water at meals and throughout the day;
- assist all students in developing the healthy practice of washing hands before eating;
- allow for enough time so students do not have to spend too much time waiting in line;
- provide eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch;

- have proper adult supervision who serve as role models to students by demonstrating proper conduct and voice level; and,
- accommodate the religious, ethnic, and cultural diversity of the student body.

Component 5: Nutrition Education

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects and through available health services;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

Component 6: Marketing

- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. School personnel will help reinforce these positive messages.
- Schools will consider student need in planning for a healthy school nutrition environment.
- Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators.

Communication with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Food Marketing in Schools

By September 2007, school-based marketing will be consistent with nutrition education and health promotion. The school district will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and,
- market activities that promote healthful behaviors.

Component 7: Implementation and Monitoring and Policy Review

The Superintendent of Schools or his/her designee will ensure implementation and compliance with this policy.

A District Wellness Team will be established to:

- conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled to identify and prioritize needs for the site based wellness functions.
- survey, on an annual basis, students, staff, and parents and provided the summary report to the Board of Education, school wellness personnel, and food service personnel in the school district; and
- report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible.
- develop a summary report every three years on school district-wide compliance with the school district's established wellness policy, based on input from schools within the school district. As part of that review, the school district will review the nutrition and physical activity practices and the provision of an environment that supports healthy eating and physical activity. The school district, revise the wellness policy and develop work plans to facilitate their implementation.

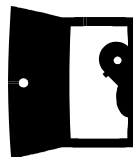
Open Door Family Medical Services

The Open door Family Medical Centers have been providing health and dental care to students at JFK Magnet School, Edison Elementary School and Port Chester High School. In July we will begin to serve the students in the Port Chester Middle School.

We bring the doctor's offices into the schools, providing primary healthcare services where the students are. With parents' permission we provide healthcare services such as physicals, immunizations, chronic disease management, hearing and vision screenings, mental health screenings, health education and preventive dental services. We help students and their families manage significant health issues, like

Asthma and obesity, before they lead to bigger problems.

We work closely with the schools to address physical, emotional and behavioral health issues students may experience. The providers work cooperatively with the schools collaborating on issues affecting children in and out of the classroom in an effort to ensure their personal and academic successes. Our goal is to keep children in school, fostering success and reducing failure.



School Highlights

The week of March 10-15 all schools celebrated "NO Junk Food Week". Some of the highlights at each school are as follows:

King Street School

The month of April was dedicated to the Kindergarten Classes. Local police officers talked to students about personal safety.

Edison School

In addition to classroom activities, the after school program sponsored a 6 week "healthy cooking course" provided by Cornell Cooperative Extension. On each day in the morning announcement it focused on Five Rules to Live By to be a Fit Kid. These included eating a variety of foods, especially fruits and vegetables. Drink water and milk most often. Pay attention to what your body is telling you. As part of the wellness initiative Edison School had Turn off the TV Week.

JFK School

JFK sponsors a Kennedy Cup Intra-grade Competition all year round. Some

of the events held are as follows: Jump Rope for Heart was the topic for February. The classroom with the largest jump-to-student-ratio won the Kennedy cup for this month. In March, they celebrated "No Junk Food Week." Each student was given a contract at the beginning of the week. The classroom with the highest percentage of returned contracts won the Kennedy Cup. Fifty-one percent of the entire school returned the contract. April was "Turn Off The TV" week. Each student was given a contract. The classroom with the highest percentage of returned contracts won the Kennedy Cup. Forty Nine Percent of the entire school returned contracts.

Park Avenue School

150 students participated in No Junk Food Week. In May nearly 100 students participated in TV Turnoff Weeks. Those students were rewarded with a free recess period with Coach Cairo. Park Ave. continues to publish a monthly Fit Kids/Fit Fam-

lies Calendar compiled each month by a different grade level. They look forward to having the staff compile the June calendar.

Middle School

Lead by Coach Wagner, each day during morning announcements, the students were presented with a "junk food fact" and given a healthy food alternative as well as being directed to a web site for healthy eating. Finally, each day, the students were given a junk food question to answer. Two correct answers were selected from each grade and rewarded with a healthy snack.

Did you Know
We have great things happening in our Schools?

Community Resource

The Week of May 31—June 7, 2008 White Plains Hospital kicked off their first wellness week. Dr. Mehmet Oz appeared on the Oprah Show. Various lectures, free health screenings and fitness demonstrations were held during the week. Hospital and city

officials say they intend on having it every year. Wellness week also highlighted the opening of the hospital's new diagnostic cardiac cauterization laboratory.

Westchester County Dept. of Health Phone # is 914-813-5000.



Food Service

With all that you have learned throughout the school year, remember to take care of yourself. It's up to you to eat well and keep your fitness routine this summer! Here are some tips that can help you in the fun months to come:

- Eat your breakfast in the morning. Contrary to what you might think, breakfast actually helps your diet by jumpstarting your metabolism for the day. In translation, you start burning calories earlier when you eat a healthy meal in the morning.
- Eat lower fat foods! When presented with more than one food

option, choose the healthier one. Baked, boiled, and grilled foods are better than fried! Choose low fat and non fat dairy products, and try to stay away from junk food as much as possible.

- Keep an exercise routine, even if it's just going for a walk each day! Exercise isn't just about looking good, it improves your health, too. With the right combination of diet and exercise, you can help improve some chronic diseases.
- Give your body the rest it needs. Young people tend to stay up all night when faced with the opportunity, and it is perfectly normal.

- Just make sure you make up for that missing sleep. Your body has the opportunity to recharge when you sleep, and your cells actually regenerate themselves! So make sure you don't neglect your body of this precious refueling session!
- Don't forget about eating those fruits and veggies! They are in season now, so enjoy yourself while getting those important vitamins and minerals you need!
 - Enjoy the summer!



Parent Education

The PTA, with the support of PTA Proud National Sponsor Glaxo Smith Kline, has put together PTA Healthy Lifestyles: A Parent's Guide, which contains up-to-date, reliable information on nutrition, physical activity, grocery shopping School Wellness Policies and Vaccinations.

The following is an excerpt from this guide:

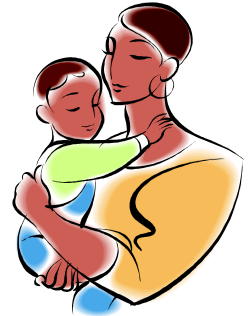
"Promote Healthy Lifestyles in your Family"

Like any parent, you want your children to be healthy, and you want your children to grow into healthy, happy adults. But how can you be sure you are doing the right things to cultivate lifelong healthy habits in your children? And do you really have the time to sort through all the information out there on health, nutrition, physical activity, etc.? Probably not. That's why PTA, with the support of PTA Proud National Sponsor GlaxoSmithKline, has put together the booklet.

Good nutrition and regular exercise. We all know these are important to lifelong health. Knowing what they look like in practice, and knowing how to get started, can be another matter, though. And even families with healthy habits need regular reminders and a bit of variety to keep them going. Help families in your community adopt and stick to healthy habits.

Good nutrition and regular exercise. We all know these are important to lifelong health. Knowing what they look like in practice, and knowing how to get started, can be another matter, though. And even families with healthy habits need regular reminders and a bit of variety to keep them going. Help families in your community adopt and stick to healthy habits.

Visit www.pta.org to view the complete PTA Healthy Lifestyles: A Parents Guide.



Healthy Recipes For Adults

Mixed Berry Pie

INGREDIENTS

12 to 15 medium strawberries, sliced
3/4 cup raspberries
1/2 cup fat-free, sugar-free instant vanilla pudding made with fat-free milk
6 single-serve (tart-size) graham cracker pie crusts
6 tablespoons light whipped topping
6 mint leaves, for garnish

DIRECTIONS

In a small bowl, mix together the strawberries and raspberries. Spoon 4 teaspoons of the pudding into each pie crust. Add about 2 tablespoons of the strawberry-raspberry mix to each pie. Top the fruit with 1 tablespoon of whipped topping. Garnish with mint leaves. Refrigerate until ready to serve.



Beef Barley Vegetable Soup

INGREDIENTS

1 (3 pound) beef chuck roast
1/2 cup barley
1 bay leaf
2 tablespoons oil
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
1 (16 ounce) package frozen mixed vegetables
4 cups water
4 cubes beef bouillon cube
1 tablespoon white sugar
1/4 teaspoon ground black pepper
1 (28 ounce) can chopped stewed tomatoes
Salt and Pepper to taste



DIRECTIONS

In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers). Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf. Set beef, broth, and barley aside. Heat oil in a large stock pot over medium-high heat. Saute carrots, celery, onion, and frozen mixed vegetables until tender. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture. Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste.

Chicken and Tomato Angel Hair

INGREDIENTS

1 (8 ounce) package angel hair pasta
1 1/2 tablespoons olive oil
1 clove garlic, peeled and minced
1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
2 cups water
2 cubes chicken bouillon
3 large tomatoes, cut into wedges
1/4 cup grated Parmesan cheese

DIRECTIONS

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 5 to 6 minutes or until al dente. Remove from heat, drain, and return to pot.
Heat oil in a large skillet over medium heat, and saute garlic 2 to 3 minutes. Stir in chicken, and cook until no longer pink and juices run clear. Drain, and set aside. Bring 2 cups water to a boil in a small saucepan, and dissolve bouillon cubes.
Place pot with pasta over low heat, and mix in chicken, water with dissolved bouillon cubes, and tomatoes. Cook and stir for about 5 minutes, until heated through. Sprinkle with Parmesan cheese to serve.

Administration

Superintendent—Dr. Donald Carlisle
Asst. Superintendent- Frank Fanelli
Asst. Superintendent-Maura McAward

Board of Education

President— Larry Lupo
Vice President— James Dreves
Trustees— Ann Capeci
Peter Mutino
John Touri, Sr.

Helpful Healthy Hints:

Did You Know?

That Beans.....

"For such tiny little things, beans offer some pretty big health benefits. Not only are they high in protein, fiber, calcium, potassium and iron, but beans can also lower cholesterol, reduce the risk of cancer."

"Grains are an excellent source of protein, vitamins, iron and dietary fiber. In addition, each type of grain has its own distinctive flavor, making them as tasty as they are nutritious."

Healthy Recipes for Kids

Frozen Yogurt Pops

- 1 8 oz. container of your favorite flavor of yogurt

Utensils:

- Small paper cups
- Wooden popsicle sticks
- Plastic wrap

Directions:

1. Pour yogurt into paper cups.
2. Put a small piece of plastic wrap across the top of each cup
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, away the paper cup, and your pop!



peel
eat

Strawberry Smoothie

- 2 ice cubes
- 1 cup milk
- 1/3 c. cottage cheese
- 2/3 c frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. Vanilla extract

Directions:

1. Pour all ingredients into a blender
2. Put the lid on the blender and blend for 45—60 second until smooth
3. Pour your smoothie into a glass and enjoy.

