



**CITY SCHOOL DISTRICT OF NEW ROCHELLE**  
515 NORTH AVENUE  
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WEBSTER SCHOOL PRINCIPAL

## **NO JUNK FOOD WEEK** **MARCH 2008**

All New Rochelle Public Schools will participate in No Junk Food Week during March 2008.

Here are some examples of No Junk Food Week activities that schools have planned:

### Elementary Level:

- Daily announcements during No Junk Food Week to remind the children of healthy eating habits
- Distribute information to the parents about No Junk Food Week
- Classroom lessons about making health food choices
- Distribute book marks and/or stickers to students who have a healthy snack on Wednesday of No Junk Food Week.

### Secondary Level:

- Daily announcements regarding nutrition and fitness
- Fitness demonstration led by staff and community members which will focus on increasing student mobility in practical ways
- Each day will have a nutritional theme: beverages, snacks, breakfast, lunch, and dinner. Students will be presented with popular choices and will be able to see an example of a healthier choice.
- Food Services will provide additional signage to provide the nutritional information on popular items.
- Nutrition Games available to Health Education teachers as a classroom activity and lead off to discussion about nutrition.

For information, contact:

Health Services Office, 914-576-4264