



## Cheder Chabad of Baltimore's Wellness Policy

Cheder Chabad of Baltimore is committed to the optimal development of every student. Cheder Chabad believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition, and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines Cheder Chabad's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

### ***School Meals***

Cheder Chabad is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, fat-free milk, low-fat milk, moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification) We plan to meet the nutrition needs of school children within their calorie requirements. Cheder Chabad participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the At-Risk After School Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Cheder Chabad is committed to offering school meals through the NSLP, CACFP and SFSP programs.

- All school meals are accessible to all students.
- The school offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day including during mealtimes.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Cheder Chabad 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 school meals.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

### ***Other food available at school***

- Cheder Chabad does not sell food outside of the school meal programs
- If any food or beverage were to be sold they would meet **or exceed** the Maryland Nutrition Standards for All Foods Sold in School and the USDA Smart Snacks in School nutrition standards.
- **All foods offered on the school campus will meet or exceed** the Maryland Nutrition Standards for All Foods Sold in School and the USDA Smart Snacks in School nutrition standards. **Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.**
- Cheder Chabad **will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);**
- Cheder Chabad **will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.**
- Cheder Chabad will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- To support children's health and school nutrition-education efforts, school fundraising activities will try not to involve food for fundraisers. The school will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.
- Snacks served during the school day or in after-school care or enrichment programs will 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 will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers and parents.
- The school will try not use foods or beverages, especially those that do not meet the nutrition standards as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- The school will try to limit celebrations that involve food during the school day to no more than one party per class per week. Each party will include no more than one food or beverage that does not meet nutrition standards for foods and beverages. The school will disseminate a list of healthy party ideas to parents and teachers.
- Parents will be asked to refrain from delivering special food items (treats, Iced drinks, donuts, restaurant food) to their children without permission from the School.

### ***Nutrition Promotion***

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Cheder Chabad will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the Maryland Nutrition Standards for All Foods Sold in School and the USDA Smart Snacks in School nutrition Food advertising and marketing includes, but is not limited to the following:
- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
  - Displays, such as on vending machine exteriors.
  - Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
  - Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

### ***Nutrition Education***

Cheder Chabad aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the health curriculum Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Cheder Chabad teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:
  - o Food guidance from MyPlate
  - o Reading and using USDA's food labels
  - o Balancing food intake and physical activity
  - o Food safety
  - o Social influences on healthy eating, including media, family, peers, and culture
  - o How to find valid information or services related to nutrition and dietary behavior

- o Resisting peer pressure related to unhealthy dietary behavior
- o Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Physical Education***

Cheder Chabad will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes.

- All students will participate in physical education that meets or exceeds state standards.
- o All **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.
- o All **middle school students** are required to take physical education in one grade level.
  - Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
  - Waivers, exemptions, or substitutions for physical education classes are not granted.

### ***Physical Activity***

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education. All students in grades nursery-12<sup>th</sup> grade, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly structured physical education for the entire school year. Physical education will be taught by a certified physical education teacher in each division.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- Nursery students receive 20 minutes of P.E. every week.
- Elementary students in first and second receive 30 minutes of P.E. once a week.
- Elementary students in third, fourth and fifth grade receive 30 minutes of P.E. twice a week. Middle School and High School students receive 45 minutes of P.E. twice a week.
- All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The school should discourage 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.

- The middle school students are allocated 15 minutes of recess twice a day.
- Outdoor recess will be offered when weather is feasible for outdoor play.
- Active recess programming will be utilized to create universal participation by offering

multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.

- In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- Cheder Chabad recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.
- Cheder Chabad offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.
- School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

### ***Other Activities that Promote Student Wellness***

Cheder Chabad will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Cheder Chabad will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- Cheder Chabad will continue relationships with its community partners in support of this wellness policy's implementation.
- Cheder Chabad will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the

school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.

- Cheder Chabad promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, Cheder Chabad will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

### ***Policy Monitoring/Implementation***

- Cheder Chabad will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness
- The wellness committee membership will represent all school levels and attempt to include parents and caregivers; students; school nutrition director, physical education teachers; school health professionals; school administrators; school board members; health professionals; Cheder Chabad will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals.
- Cheder Chabad will actively notify households/families of the availability of the annual report through the Cheder Chabad newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as Cheder Chabad priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

### **Coordinated School Health Council Members**

Rabbi Avrohom Wolowick: Executive Director  
Rabbi Ephraim Sorkin: Boys School Principal  
Mrs Chana Pewzner: Gils School Principal  
Mrs Chana Raskin: Preschool Director  
Rabbi Yitzchok Menda: General Studies Principal  
Mrs Sheva Givre: Director of Government Programming  
Mrs Debbie Orkin: Parent

## **Ideas of Non-Food Items to Sell for a Fundraiser:**

- Activity Theme Bags
- Balloon bouquets
- Books
- Calendars
- Buttons, pins
- Coffee Mugs
- Holiday crafts
- Coupon books
- Flowers
- Gift Baskets
- Gift wrap
- Gift certificates
- Bumper stickers
- Jewelry
- Stationary
- Customized merchandise
- School logo items

## **School Party / Snack Ideas**

- 100% Fruit/Vegetable Juice
- Water/Flavored Water (calorie-free)
- Low-fat or fat-free Milk
- Fresh fruit assortment
- Fruit and cheese kabobs
- Fruit w/ whipped topping
- 100% fruit snacks
- Vegetable trays
- Cheese-cubes, string cheese
- Pretzels
- Low-fat popcorn
- Graham crackers
- Animal crackers
- Angel food cake – plain or topped with fruit
- Low-fat pudding
- Low-fat yogurt or parfaits
- Trail/Cereal Mixes or Bars
- Nuts, seeds
- Apple Slices with honey
- Dried Fruit
- Squeezable Applesauce
- Pure Fruit Popsicles

- Bananas and/or strawberries with semi-sweet chocolate chips or chocolate syrup (let kids slice the bananas with plastic knife)
- Cereals that contains whole grains and are low in sugar
- Trail mix (made from things like dried fruits, pretzels, mini chocolate chips and nuts)

### **Move More and Other Ideas**

- Provide an extra recess
- Celebrate all monthly birthdays with an open gym celebration!
- Go for a class walk or hike around the school campus
- Turn on some music and dance!
- Play a class game of kickball
- Have extra art or music time
- Take the class to the library
- Plan a thematic craft for the party.
- Party games are always a hit!
- Have a scavenger hunt where children look for school supply items in their classroom or on the playground.
- Take a field trip to the local zoo, skating rink, or museum
- Put together a "goody bag" of non-edible treats such as glow sticks, stickers etc etc

### **Healthy treats for birthday parties and classroom celebrations**

\* **Popcorn cups:** Have your child help decorate plain 12-oz. paper cups with stickers, glitter glue or even his photo, and then fill with homemade popcorn. Alternatively, decorate small paper bags or purchase theater-style popcorn boxes or bags.

\* **Yogurt parfaits:** In clear plastic cups, alternate layers of your child's favorite yogurt and fresh fruit such as blueberries, strawberries or mangos. Top with a cupcake topper. (And don't forget spoons!).

\* **Mini muffins:** Carrot, blueberry and banana are all great choices. Use all or part whole-wheat flour or add ground flaxseeds for a nutritional boost.

\* **Fresh fruit served in cupcake wrappers,** waffle cones or waffle bowls



\* **Guacamole:** Mash avocado, squeeze on fresh lime juice, then mix in chopped tomatoes, diced red onions and a smattering of sea salt. Serve with multigrain chips and veggie sticks (celery, carrots and red peppers).

\* **Berries with fresh whipped cream:**

\* **Fruit kabobs with vanilla yogurt dip:** Pick your child's favorite fruits—strawberries, blueberries, pineapple, kiwi, grapes, and melon, for example—and assemble colorful fruit kabobs. Serve with vanilla yogurt dipping sauce.

\* **Magic fruit wands:** Similar to fruit kabobs but made to look like a magic wand, with a whimsical star fruit at the top.

\* **Cinnamon tortillas with fruit salsa:** Take wheat flour tortillas and brush with melted butter. Sprinkle the tortillas with cinnamon sugar; cut each tortilla into 8 wedges and bake on an ungreased cookie sheet at 350 degrees for 10 minutes or until crisp. For the fruit salsa, pick any combination of your kid's favorite fruits—apples, strawberries, kiwis, pineapple and blackberries all work well—dice and mix with a little sugar and lime juice. Serve salsa in mini plastic cups or bowls with the tortilla chips on the side on paper plates for dipping.