

WHAT'S NEW 16-17

Promoting Healthy Active Living

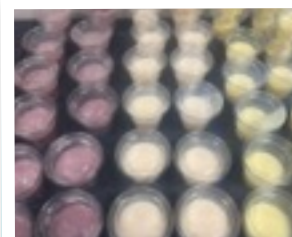


Classroom Celebrations!

These items can be ordered through your school nutrition department for the 2016-2017 school year! Click below for more information!

[Mead Healthy Living Website](#)

**Smoothies!
Yogurt Dip &
Fruit trays**



Nutrition and Physical Education

At the June 13 school board meeting our revised 6700 Procedure / Policy was approved.

The following are the three big items reflected in the updated Nutrition and Physical Education policy / procedure. The Mead School District is passionate about promoting active living and healthy environments for our students and staff. Click to view: [policy](#) / [procedure](#) online.

1

CLASSROOM CELEBRATIONS

One party per month with one treat!

2

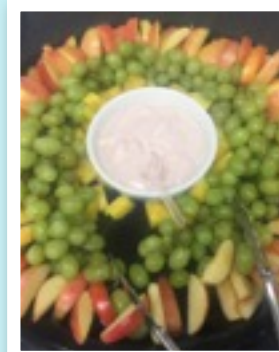
REWARDS

Use non-food rewards in our classrooms.

3

SMART SNACKS

Student stores and fundraisers will meet federal regulations.



Our updated policy and procedure shares the following language:

1

Classroom Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. While teachers/students/parents are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations, the district will encourage healthy food choices in all school operations. For ideas for your next party [click here!](#)

Each celebration should include no more than one food or beverage that does not meet the Smart Snacks standards. To view the Smart Snack calculator to assist with party planning [click here!](#)

2

Rewards

Schools / classrooms will not use foods or beverages as rewards for academic performance or good behavior.

For ideas on what to use for non-food related academic rewards [click here](#) and scroll to the last page.

For additional resources for funding your non-food related rewards you have available \$25 from the Washington Dairy Council. Simply create an account [here](#).



3

Smart Snacks

This encompasses all foods and beverages sold to students from midnight to thirty minutes after the school day ends. (Student Stores, Vending, Ala Carte, Fundraisers) For all buildings and all ages:

- Water is available all day.
- Student stores are not open before school.
- All foods and beverages sold will meet federal guidelines (vending machines, fundraisers, ala carte).
- No energy drink (e.g. Red Bull, Monster) sales during the school day.
- Schools will encourage fundraising activities that promote physical activity.
- Booster clubs will offer healthy snack choices and will not sell energy drinks.

