








**OVERVIEW ON  
HARBORFIELDS CENTRAL SCHOOL DISTRICT  
WELLNESS POLICY ON  
PHYSICAL ACTIVITY & NUTRITION**









## Wellness Policy

-  In 2004, Congress passed the Child Nutrition & Special Supplemental Nutrition Program for Women, Infants & Children (WIC) Reauthorization Act (Sec. 204 of [Public Law 108-265](#))
-  National School Lunch Program or Child Nutrition Programs
-  Why is it important?

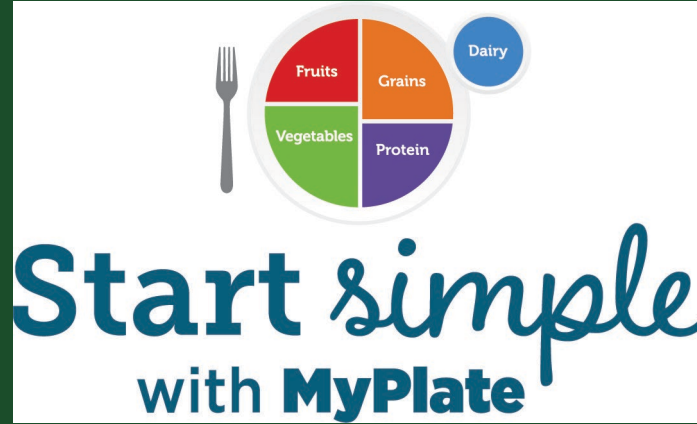
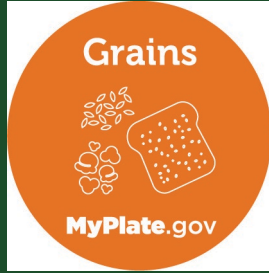
# Elements of a Model Wellness Policy

-  **Include goals for nutrition promotion & education, physical activity, and other school-based activities that promote student wellness.**
-  **Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.**
-  **Inform and update the public (including parents, students, and others in the community ) about the content & implementation of local wellness policies.**
-  **Be measured periodically on the extent to which schools are compliant with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy and make this assessment available to the public.**

# Harborfields Wellness Policy

-  **Policy 5405-R**
-  **Contains Elements Focusing on Nutritional Qualities of Foods & Beverages sold & Served on Campus at Elementary, Middle & High School Levels**
-  **Nutrition Education & Promotion**
-  **Integrating Physical Activity into the Classroom Setting**
-  **Physical Activity Opportunities & Physical Education**
-  **Information about the Wellness Policy is disseminated to staff at the beginning of each school year**

# Nutritional Quality of Foods & Beverages Sold & Served on Campus



# Nutritional Education & Promotion



**A**

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	2/3 cup (55g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160g	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**B**

Nutrition Facts		1 cup (255g)	
2 servings per container			
<b>Serving size</b>	1 cup (255g)		
<b>Amount per serving</b>		<b>Per container</b>	
<b>Calories</b>	<b>220</b>	<b>440</b>	
% Daily Value*			
<b>Total Fat</b> 5g	6%	10g	13%
Saturated Fat 2g	10%	4g	20%
Trans Fat 0g		0g	
<b>Cholesterol</b> 15mg	5%	30mg	10%
<b>Sodium</b> 240mg	10%	480mg	21%
<b>Total Carb.</b> 35g	13%	70g	25%
Dietary Fiber 4g	21%	12g	43%
Total Sugars 7g		14g	
Incl. Added Sugars 4g	8%	8g	16%
<b>Protein</b> 3g		18g	
Vitamin D 5mcg	25%	10mcg	50%
Calcium 200mg	15%	400mg	30%
Iron 1mg	6%	2mg	10%
Potassium 470mg	10%	940mg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



What are your favorite places to eat?

Search TWO of your own chain restaurants and explore what your typical meal would look like nutritionally.

GO TO: <https://fastfoodnutrition.org/fast-food-restaurants>

Or search a restaurant online and type in 'Nutritional Calculator' or 'Nutritional Information'

# Nutritional Education & Promotion In Physical Education



Your  
**HEALTH**  
is your  
greatest  
**WEALTH.**

# Physical Education Electives





# Mental Health

**IS... MENTAL HEALTH IS NOT...**



- of vital importance for you
- worth making time for
- evolving
- complex
- affecting us and our everyday life
- influenced by many factors
- linked to physical health
- part of you
- real

- a sign of weakness
- only the negative
- shameful
- "all in your mind"
- something you decide to have
- relevant only for those who struggle
- the same as mental illness
- something we start looking after only when it gets broken



# Physical Activity Opportunities



# Stay Active!



*Thank you!*

