

Parents:

A HEALTHY BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.

Please make sure your children eat a nutritious breakfast...AT HOME OR AT SCHOOL.....for brain power..... for energy....for a productive and happy day!



RESOURCES & LINKS

Coventry Public Schools Wellness:

www.coventryschools.net/wellness.htm

Kids First RI

www.kidsfirstri.org

Let's Move!

www.letsmove.gov

Thrive RI

www.thriveri.org

Farm Fresh RI

www.farmfreshri.org

For more information, please contact your school principal or nurse, or the Superintendent's office

HEALTHY EATING PLAN SUGGESTIONS

- 1. Protein is a MUST for your muscles!**
Include 2-3 ounces of protein at each meal. Protein foods include meats, fish, cheese, eggs, nuts, beans, and tofu.
- 2. Include AT LEAST one serving of fruits or vegetables at each meal.**
- 3. Make 1/2 your grains WHOLE GRAINS.**
Avoid grain products made with white flour—pancakes, white flour muffins and bagels, etc. Remember to look for the word “whole” before the grain in the ingredients list.
- 4. Use moderation when choosing fats and high-sugar snacks and desserts.**
Limit mayonnaise, butter, cream cheese, potato chips, french fries, candy, cookies, donuts, etc.
- 5. Snacking between meals is a healthy choice ONLY if you snack on healthy foods!**
Try whole grain crackers, low-fat cheese, veggies and dip, hummus, fruits, and nuts.
- 6. Limit sugary sodas and beverages sweetened with high-fructose corn syrup (colas, Gatorade, etc.)**

TIPS

- DO NOT SKIP MEALS, ESPECIALLY BREAKFAST!
- TRY TO AVOID SNACKING LATE AT NIGHT
- TRY TO DRINK WATER 4-5 TIMES A DAY
- **MODERATION IS THE KEY TO SUCCESS!**

Please visit www.kidsfirstri.org/newsnack.htm for a complete and updated list of more than 1600 RI-approved Snack and A La Carte food items

Coventry Public Schools

Health & Wellness Policy and Goals

as adopted by the
Coventry School Committee
March 2, 2010

A Quick Reference Guide for Staff & Parents



The Coventry Public School District is proud to promote healthy schools in compliance with RI Laws and Guidelines by supporting good nutrition, regular physical activity and the general wellbeing of its students and staff.

Here's what you need to know to help create the best possible learning environment in Coventry Public Schools

Why is a Health & Wellness Policy so important?

There is a proven link between *student achievement* and *good nutrition and exercise*

Children spend a significant portion of their day in school, making it a perfect opportunity to model healthful eating and to promote physical activity

1 in 3 children in the U.S. is overweight/obese and at high risk for diseases such as diabetes, heart disease, high blood pressure, high cholesterol, and stroke

This generation of children is the first that may have a shorter lifespan than their parents due to the health effects of poor nutrition and poor physical activity

THE FUTURE OF OUR CHILDREN DEPENDS ON IT



Student Physical Activity:

The Coventry School District provides physical activity and physical education opportunities that are aligned with the RI Physical Education Framework, which provides students with the knowledge and skills to lead a physically active lifestyle.



The use of food as a reward, acknowledgement or incentive in the classroom or anywhere in the school setting is not allowed....instead, think of other creative ways to motivate students!

School stores that sell food during the school day must follow the RI Nutrition Guidelines

ONLY lowfat milk, water, and beverages containing 100% fruit juices (NO artificial sweeteners) can be sold anywhere on school grounds

Non-food-based fundraisers that promote physical activity (like Walk-A-Thons!) are strongly encouraged!!

Any school-sponsored event (including PTA/PTO events) must offer at least 50% foods that comply with the RI Nutrition Guidelines



School Meals:

All school meals are provided in accordance with USDA standards and RI Nutrition Requirements.

“A la carte” snacks and beverages sold as part of the program (or by any other organization) before, during, and up to one hour after the close of school..... MUST comply with the

RI Nutrition Guidelines for School Vending and A La Carte Foods

www.kidsfirstri.org/newsnack.htm