



Highlights for Teachers

The state and federal government require schools to have a written wellness policy. The goal is to improve healthy eating, physical activity, and overall student wellness.

Celebrations

Birthdays

- ◆ Let students' families know if and how birthdays are celebrated in your school
- ◆ If your school routinely asks families to send food to celebrate student birthdays, encourage non-food items, such as party favors or craft items

Classroom celebrations

- ◆ If a celebration is to be held, assign families to certain food categories, to ensure that there are plenty of healthy items such as fruits and vegetables, and less unhealthy items such as baked goods
- ◆ Inform families that candy and soda may not be brought to school

See www.cambridgepublichealth.org/services/school-health/school-wellness.php for healthy celebration ideas

Water

- ◆ Water promotes learning by keeping children hydrated! Encourage your students to bring in reusable water bottles so they can easily drink water in the cafeteria and the classroom

Classroom Snacks

- ◆ Encourage families to send students with healthy snacks such as fruits, vegetables, whole grains and low fat dairy
- ◆ If your students have food allergies, work with the school nurse on how to best manage classroom snacks

See www.cambridgepublichealth.org/services/school-health/school-wellness.php for healthy snack examples

Food Fundraising

- ◆ Students will not have access to bake sales and other food fundraisers from 30 minutes prior to the start of the school day until 30 minutes after the school day ends, or until the late bus arrives, whichever is last
- ◆ No candy or soda may be sold at fundraisers
- ◆ Non-food fundraisers are recommended, however if schools choose to sell food to raise funds outside of school hours, healthy foods are encouraged

See www.cambridgepublichealth.org/services/school-health/school-wellness.php for healthy fundraising ideas

Health Education and Screening

- ◆ All K-5 students should be taught health education once a week. Health is taught by specialists in grades 6-12
- ◆ Health screenings will be completed on an annual basis with follow-up when indicated. These include:
 - Dental for JK-4
 - Vision for JK-5, 7, 9
 - Hearing for JK-3, 7, 9
 - Postural for 5-9
 - BMI for K-8, 10

Rewards

- ◆ Providing food or beverages as a reward, or withholding food/meals as punishment is not allowed
- ◆ Consider non-food rewards

See www.cambridgepublichealth.org/services/school-health/school-wellness.php for non-food reward examples

Recess

- ◆ K-8 students will have 20 minutes of recess daily, ideally before lunch
- ◆ Students may not be kept from going to recess as punishment or to make up work, unless under unusual circumstances
- ◆ Recess may not be cancelled due to weather, unless absolutely necessary. The following framework is recommended for recess decisions:
 - Below 32 degrees – outdoor recess with coats, long pants, gloves, hats
 - Below 15 degrees – shortened outdoor recess
 - Below 10 degrees – indoor recess

Remind families to send appropriate clothing for outdoor recess.



CPS Wellness Policy Information is at: http://www.cpsd.us/departments/careers/c_p_s_policies_and_procedures/