

Healthy Active Students at Farmington Woods

Supporting Healthy Brains and Healthy Bodies



The Farmington Woods Healthy Active Students Leadership team has been working on ways that our school community can support student school success through healthy choices that support their brains and their bodies. If you are interested in being involved with this team, please volunteer through PTA or contact Don Eller, PE Teacher, at deller@wcpss.net.

Continuing in the 2019-20 school year, Farmington Woods Elementary will implement WCPSS Board Policy 6140 and promote the recommendations from the National Alliance for a Healthier Generation (www.HealthierGeneration.org) throughout our school community and with our students. Please review the recommendations and information below as you are planning for school snacks and events with your student.

Healthy Snacking



All students are invited to bring a water bottle to school daily to have on their desk and can be refilled as needed throughout the day. We have bottle refill stations as part of several water fountains throughout the school. Hydration is important for the body and the brain.

Our cafeteria provides extra snack items that students may purchase along with their lunch or lunch box. All snack items available in the cafeteria align with the USDA [Smart Snack](#) guidelines although should be consumed in moderation. Students will not be able to purchase excessive snack items in the cafeteria and will be limited to 2 extra food items for purchase to be consumed during the lunch time

each day.

Classroom snacks will be integrated into the instructional schedule of the classroom as needed. If student and families choose to bring a snack, they will have time to eat it while also doing an academic task.

Nutritional recommendations are that snack items should be healthy and have no added sugar to best support your child's brain for learning (less than 200 calories, 6 or fewer grams of sugar and at least 3 grams of fiber). Students may drink from their water bottle or bring water to have with snacks, no juices are allowed. Please review the list below and if your student needs a snack at school, use this list to choose healthy snacks.

Healthy Snack Options include:

- Fresh Fruit (and yogurt dip)
- Fresh Vegetables (and dip)
- Low Fat Yogurt
- Low Fat Cheese Stick/Cubes
- Canned or Fruit Cups (in water or 100%fruit juice)
- Dried Fruits
- Trail mix of nuts and seeds
- Whole Grain Crackers with Low Fat Cheese/Peanut Butter
- Graham Crackers
- Whole Grain Pretzels
- Gold Fish Crackers
- Baked Chips
- Air popped popcorn
- Fat/Sugar Free Jello or Pudding
- Whole Grain Cereal Bars
- Crackers/Pretzels



Healthy Celebrations At School

Celebrations at school are aligned with curriculum content and learning goals. All celebrations at school must align with the Healthy Active Students guidelines.

School and classroom celebrations will be structured to meet recommended guidelines for healthy students. If food items are served, they will meet the USDA Smart Snack requirements and portions will be appropriate. Many events will use special activities to replace food based celebrations such as pajama day, bring a stuffed animal to school, extra recess time, art project or classroom game/active event.

Birthday announcements will occur throughout the year and include summer birthdays at the end of the year on the morning news program. Student birthdays are recognized with a birthday ribbon and pencil in the front office. Families are encouraged to celebrate student birthdays outside of the school day, as birthday celebrations cannot occur during the instructional day. If a family would like to help recognize their student on his/her birthday at school there are a few options that align with the maintaining a healthy school community: 1) Participate in the Birthday Book Program in the Media Center; 2) Provide a school related item to share with classmates such as pencils for the class, erasers, notepads, etc. 3) Provide playground equipment to the classroom in your child's honor such as a ball or jump ropes; or 4) Provide a healthy snack item to share with students in the classroom during the class lunch time in the cafeteria (Note: Due to food allergies, teachers must be notified PRIOR to bringing food items to share with students. All food items should comply with the healthy snack guidelines and must be store bought and/or prepared in a health inspected facility- no homemade items are allowed. While sweet treats are discouraged, a sweet treat such as a sugar free popsicle, a store prepared bite sized cupcake/brownie or 1 small cookie is acceptable. Large sweet treats are not aligned with healthy snack guidelines and should be avoided.)

Active Students

The Healthy Active Students Leadership Team also promotes active students throughout the school day and the school year. Currently the following activities are regularly supported and the team is always exploring new ideas and activities:

Physical Activity During the School Day: Students are required to receive 150 minutes of physical activity each week, through the combination of outdoor recess activities and their 45 minute PE special time. Each classroom is scheduled for time outside for physical activity for about 30 minutes each day. If the weather does not cooperate, there is a library of activities and videos that can be used to get students active inside, too.

Physical Fitness: Families can see current and past fitness data for students including the mile run, pushups, curl ups and sit and reach- through Focused Fitness. The website is <https://www.focusedfitness.org> and families can login using student number and password is last name (in some cases both with space or hyphen between). See Mr. Eller for any additional information.

Brain Breaks: Short physical breaks during the school day in the classroom that provide movement opportunities for students for 2-4 minutes- often between lessons or other transitional times.

Walk to School Days: Each month, one Friday morning is dedicated as Walk to School Day. Families meet Mr. Eller and other special walkers at Kildaire Plaza at 8:30am and then take the beautiful greenway walk to school. It is a great way to promote active families and get fresh air to start your day. Families must walk with their students to the school.

Family Marathon: The FWES Family Marathon is scheduled in the spring where families pledge to walk/run together for a total of 25 miles. The final 1.2 miles of the Marathon are then completed on our school campus together- students and families- as part of our school's Field Day event in the spring.

Bike Safety and Bike to School Day: Working with the Cary Police Department, a Bike Rodeo is scheduled during the year to teach and practice appropriate bike safety, including helmet fittings. In addition, a Bike to School Day is scheduled one morning in the Spring of the year.