

# Healthy Rewards & Celebrations

District 622 Wellness Policy EM - 020.24

ISD 622 encourages our students and staff to celebrate special occasions with healthy snacks or by engaging in a non-food based activities. Remember healthy eating = better learners!

## Celebrate healthy! Ideas include:

- Use non-food rewards to mark special occasions or accomplishments
- Hold celebrations involving food after lunch when students are less hungry
- Celebrate all birthdays together one day each month
- Allow the birthday child to wear something special or do a special task
- Allow the student to choose a special activity for the class (book, craft, dance, game, etc.)

## Healthy treat & food experience ideas

- Yogurt parfaits
- Fruit kabobs
- Apples with dip
- Chips and salsa
- Trail mix
- Veggies and dip or hummus
- Popcorn
- Cheese sticks
- Fruit smoothies
- Taste testing party

## Non-food experience based ideas

- Birthday books
- Small notebooks or journals
- Pencils
- Stickers
- Extra recess
- Special art projects
- Personal letters/postcards
- Dance party with music
- Time to help another teacher in the school

See the back of this flyer and visit [www.isd622.org/healthyschools](http://www.isd622.org/healthyschools) for more information.

*The ISD 622 School Board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.*

*On July 18, 2017, a revised Wellness policy was adopted which sets forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.*



School District 622

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## District 622 Wellness Resources & Activities

### Statewide Health Improvement Partnership

Since 2010, ISD 622 has partnered with St. Paul-Ramsey County Public Health and the Washington County Department of Public Health & Environment in the Statewide Health Improvement Partnership (SHIP).



SHIP, a ground-breaking bi-partisan legislative initiative, aims to create healthier Minnesotans by providing opportunities for active living, healthy eating and tobacco-free living.

Many activities within ISD 622 have been supported by the SHIP grants including the development of the community gardens at Covern and Harmony, the addition of salad bars in several elementary and middle schools, water bottle filling stations at both high schools and two middle schools, and refrigerated coolers at the two high school stores.

Several nutrition staff trainings have been conducted and, most recently, elementary physical education staff participated in Active Classroom and Active Recess training and acquired additional playground equipment for the nine elementary schools.

For more information about SHIP, visit <http://www.health.state.mn.us/ship/>.

### District 622 Wellness Committee

The District Wellness Committee meets regularly to discuss and support initiatives aimed at creating a healthy learning environment for students and a healthy work environment for staff. The committee makes sure the district is in compliance with and making progress toward the goals identified in the wellness policy. The group also oversees the activities of the SHIP grant. If you are interested in serving on the committee, visit [www.isd622.org/healthyschools](http://www.isd622.org/healthyschools) for more information.

### Additional Resources

#### Smart Snacks in Schools

<https://www.isd622.org/cms/lib/MN01001375/Centricity/Domain/37/USDASmartSnacks.pdf>

#### St. Paul-Ramsey County Public Health SHIP

<https://www.ramseycounty.us/residents/health-medical/public-health-initiatives/statewide-health-improvement-program-ship>

#### Washington County Department of Public Health & Environment

<http://livinghealthywc.org/>

#### Centers for Disease Control and Prevention

Physical activity: <https://www.cdc.gov/physicalactivity/index.html>

Healthy eating in schools: <https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>



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