

Wellness Advisory Council News

SPECIAL POINTS OF INTEREST:

- NEW DISTRICT WELLNESS POLICY
- HEALTHY FUNDRAISING IDEAS
- HOW MUCH WATER DO YOU NEED?
- GET INVOLVED!

INSIDE THIS ISSUE:

Wellness Policy	2
From the Kitchen	3
Fun Fundraisers	3
Helpful Resources	4
Stay Hydrated	4

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ARE YOU TAKING CARE OF YOURSELF?

TAKE THE QUIZ!

The choices you make about your health only affect you, right? Wrong!

The choices you make also influence the choices your students will make about their health. Students spend about 30 hours per week at school, and we look to you to be role models for healthy behavior.

This short quiz is designed to help increase your awareness of healthy behaviors.*

1. How many hours of sleep do you get a night?

- A. 7 to 9
- B. 6 to 7
- C. 5 or less

2. How many 8 oz cups of water do you drink per day?

- A. 8 or more
- B. 5 to 7
- C. 4 or less

3. How many servings of vegetables and fruits combined do you eat on a daily basis?

- A. 5 or more
- B. 2 to 4
- C. 0 to 1

4. On average, how much time do you spend doing cardiovascular exercise each week?

- A. 5 to 7 hours
- B. 3 to 5 hours
- C. 2 hours or less per week

5. How often do you eat fast food?

- A. 2 or less times a month
- B. 3 to 4 times a month
- C. 4 or more times a month



If you answered MOSTLY As you are a HEALTH GURU

You understand the importance of living a healthy lifestyle. We can look to you as a positive role model for making healthy choices. You are on your way to living a long and healthy life.

If you answered MOSTLY Bs you are an AVERAGE JANE

Although you are making positive health choices, there is definite room for improvement. In order to enhance your health, aim for more fun physical activity, more fruits and veggies, and don't forget to add more sleep and water to your life. With a few adjustments, you are on your way to a healthier life.

If you answered MOSTLY Cs you are a SLOPPY JOE

The way you eat, sleep, and exercise affect your entire life. The average adult needs 7-8 hours of sleep, 8 cups of water, 5 servings of a mix of fruits and vegetables, and 30-60 minutes of physical activity on most days. Not taking care of yourself can make you feel groggy, depressed, stressed, and may lead to possible health problems.

*Quiz created and brought to you by members of the Sequoia Teen Resource Center Youth Advisory Board.

Did you know?

- A regular can of soda has 10 teaspoons of sugar
- There are about 11 teaspoons of fat in a Whopper with Cheese



Be a good partner with your body. Nurture it with nutritious, safe, and delicious foods!

New District Wellness Policy

WELLNESS WHAT, WHEN, & WHY

By: Dana Schuster, S.H.S. Parent & Community Member

On September 6, 2006, Board Policy 5030, Student Wellness, was adopted by the SUHSD Board of Trustees. The overarching goal of this policy and the ongoing work of the Wellness Advisory Council (WAC) is to provide a school environment that enhances student learning and the development of lifelong wellness practices.

History

When the Child Nutrition and WIC Re-Authorization Act was signed in June 2004, Section 204 mandated that districts establish local school wellness policies to be in place by the first day of the school year beginning after June 30, 2006. The policy was to address:

- Nutrition Education
- Physical Activity
- Nutrition Guidelines for foods available on campus.

This federal mandate also required that the policy be developed with the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public.

In California, an additional layer of requirement was established with the passage of SB12 and SB965 which listed specific content standards for foods and beverages sold on school premises 30 minutes before, 30 minutes after, and during the school day.

SUHSD Policy Development
In April 2005, a Wellness Pol-

icy Kick-off Meeting was held, and the collaborative process of creating a district-wide policy began. The following year a diverse group of stakeholders gathered at least monthly to discuss pertinent health issues and develop a Wellness Policy that would meet all of the established state and federal requirements as well as identify critical educational components to "build the skills and knowledge that all students need to maintain a healthy lifestyle" (BP 5030). After many laborious hours, a comprehensive draft policy was completed and reviewed with stakeholder groups including subject area councils, administration, curriculum council, student advisory council, and the PTSA. Final policy recommendations were presented to the Board of Trustees in May 2006.

Next Steps

During the 2006-07 school year, the Wellness Advisory Council worked with district staff to review and revise BP 5030 and related board policies and to develop suggested Administrative Regulations to guide policy implementation. These were once more presented to the various district stakeholder groups for review and then presented to the Board during its May and June 2007 meetings. By the time of this publication, the final versions should have been adopted by the Board.

The Future of WAC

WAC is currently comprised of teacher, student,

parent, community, and district staff representatives. We encourage and welcome additional participation! We want to assure you that we did not come together to be 'Food Police' and do not plan to mobilize a force to confiscate candy jars off from desks or abscond with cans of soda. WAC's goal is to provide resources, new ideas, and evidence-based information across the District so we can all work together to promote student wellness. The current priorities of WAC are to:

- Promote positive, nurturing health practices
- Expand nutrient-rich food options on school campuses
- Encourage student input and feedback on wellness issues
- Support successful fundraising options that also meet the requirements of law
- Ensure that educational programs do not stigmatize, discriminate, or make assumptions based on body size, physical appearance, or culture
- Identify processes for implementing, evaluating, and measuring the success of the Wellness Policy.

WAC looks forward to working with staff, teachers, and students throughout the 2007-08 school year as we join with the SUHSD Board of Trustees in recognizing "the link between student health and learning." Together we can "provide a comprehensive program promoting healthy eating and physical activity for district students" (BP 5030).

From the kitchen

By: Nora DeCaro, Interim Director of Food Services

In addition to the federal mandate that school districts adopt a wellness policy, California passed two laws, SB12 and SB965, to establish nutritional standards for schools. Both SB12 and SB965 regulate the sale of food and beverage items **during the school day** – they do not impact food items sold during after-school events. Student groups, clubs, and parent organizations wanting to sell food during the school day must follow these regulations. Everyone is encouraged to follow the guidelines during after-school activities as part of a community effort to promote health and wellness in our District. The specific requirements of all regulations pertaining to food sales were incorporated into district Board Policy and Administrative Regulations 3550-3554 at the end of the 2006-07 school year.

SB 12 – School Nutrition Standards (FOOD)

- ◆ strengthened and implemented the competitive food standards that were originally described in SB19 (Escutia 2001)
- ◆ gives very specific criteria for snack items sold at school, limiting the amount of fat, sugar, and calories a serving may contain
- ◆ specifies the number of calories and fat grams for a la carte entrees that can be sold. The calorie and fat criteria do not apply to meal entrees served as part of the National School Lunch Program (NSLP) which has a separate set of requirements.

School meals are prepared following NSLP guidelines – the objective is to offer entrees that appeal to a wide range of students while working within a budget – since all menu items must be available to free and reduced price students, meals must be in a \$3.00 - \$3.50 price

range. This limits the ability to offer expensive varieties of fruits and vegetables, i.e. organic items, melon, mangos. Most students have limited funds and are only able to pay so much for food on campus. One of the objectives of Food Services and the Wellness Advisory Council is to obtain student input for food selections and to incorporate a variety of foods and beverages that are both healthy and appealing.

SB 965 – Healthy Beverage Bill (BEVERAGES)

Beginning July 1, 2007 – 50% reduction in carbonated beverages sold during the school day.

Beginning July 1, 2009 – 100% elimination of carbonated beverages sold during the school day.



Breakfast

jumpstarts

your brain so

choose to eat

it every day!

Creative Financing & Fun Fundraising Alternatives to Selling Candy

By: Marie Violet, Manager, Sequoia Hospital Health & Wellness Center

Want to raise money in a healthy way? Here are some ideas:

Healthy treats to sell after school: fruit smoothies, trail mix, popcorn.

Sell School Spirit: Bumper stickers & decals, calendars, school logo air fresheners, scratch off cards, frisbees, license plate frames, pins, team ribbons, flags, stadium pillows, visors, logo wear.

THON- Fundraisers: Bike-athons, jump rope-a-thons, walk-a-thons, skate-a-thons, dance-a-thons, hoop-a-thon, basketball tournaments.

Ideas for Activities: Art show, auction, car wash, craft sales, gift wrapping, recycling cans/bottles/paper, science fair, singing telegrams, talent show, spelling bee, garage sale. Remember to involve the community!

Activities that Support Academics: read-a-thon, science fair, art show, spelling bee, recycling and activities supporting care of the environment.

For successful sales, participants must be excited about the products they are selling.

Ideas for things to sell:

air fresheners (for cars)
flashlights
brick/stone/tile memorials (naming opportunities)
pins, mugs, emergency kits for cars, first aid kits
spirit/seasonal flags
Valentine flowers
homecoming items
raffle donations (involve local merchants/chamber members)
candles
balloon bouquets for celebrations (latex balloons should not be encouraged due to allergic reactions)
rubber bracelets

SUHSD

Wellness Advisory Council

Would you like to get involved?

Contact: Judy Sencenbaugh, RN MS

Phone: 650-369-1411 ext. 2234

E-mail: jsencenb@seq.org

District Wellness Advisory Council:

Jillian Collins, Youth Advisory Board Member

Nora DeCaro, Interim-Director of Food Services

Gigi Kruse-Silva, CHS Teacher

Vivian Lam, Youth Advisory Board Member

Christina Llerena, Consultant

Maria Mosqueda, Youth Develop. Coordinator

Laura Perdikomatis, WHS Teacher

Diana Reddy, Admin Asst to Superintendent

Judy Romero, Director of SHS Teen Resource Center

Dana Schuster, SHS Parent and Community Member

Judy Sencenbaugh, RN MS, District Nurse

Marie Violet, Manager, Sequoia Hospital

Brendalyn Wilson, Youth Advisory Board Member

Helpful Resources to support your health:

www.mypyramid.org

www.fruitsandveggiesmorematters.org

Afraid to Eat: Children and Teens in Weight Crisis

Berg, Frances., ed Hettinger, ND: Healthy Weight Institute, 402 S. 14th St., Hettinger, ND 58639, 1996.

Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Children Free of Food & Weight Conflicts

Hirschmann, Jane R., CSW, and Zaphiropoulos, Lela, CSW Carlsbad, CA: Gürze Books, 1993.

How to Get Your Kid to Eat...But Not Too Much: From Birth to Adolescence

Satter, Ellyn, RD, ACSW. Palo Alto: Bull Publishing, 1987.

Secrets of Feeding a Healthy Family

Satter, Ellyn, RD, ACSW. Kelcy Press, 1999

Resources for healthy fundraising (not endorsements)

www.nudayfundraising.com

www.123fundraising.com

www.westernfund.com

www.dulcoprinting.com

www.fund-raising.com

www.fundraisingbatteries.com

www.brickstonegraphics.com

www.empties4cash.com



Health Is Academic: Fluid Fundamentals

By: Judy Sencenbaugh, RN MS

As warm days continue, how much fluid do we REALLY need, what are the best sources, and what special considerations are important for exercisers? Water makes up 85 percent of our blood, 80 percent of our muscles, and 75 percent of our brains. We can't survive without it!

Optimal hydration varies depending on activity level, body size, sweat rate, and climate. The Institute of Medicine recommends an Adequate Intake (AI) rather than a specific amount. For a sedentary woman, the AI is 91 oz of fluid a day. A man's AI is 125 oz of fluid per day. It is suggested that the average person should drink AT LEAST 8 glasses of water a day. Water is the best source of hydration. To stay hydrated, you can consume a beverage, including milk, juice, coffee, or tea. Food also helps you meet daily fluid

needs. Soup, vegetables, fruit, and dairy products are all more than 80 percent water. Food also helps the body hold on to fluids because of the electrolytes it contains – minerals like sodium, potassium, and chloride that bind with water. Drinking water or tea with meals and snacks helps your body retain water longer.

How much additional fluid you need when you exercise depends on how much you sweat. Typical sweat rates for people exercising are about half to one liter per hour. For competitive athletes, sweat rates can be as high as one-and-a-half liters per hour. Sweat rates also depend upon the conditions such as running slow or fast, or hot vs. cool weather. It is recommended that a person needs at least 8 oz. of water for every 15 minutes of exercise. Stay hydrated and choose your own favorite – tap, mineral, spring, or sparkling. According to the U. S. Department

of Agriculture, the combination of thirst and one's usual drinking behavior, including the consumption of fluids with meals, is sufficient to maintain normal hydration (Cooking Lite, July 2007).

Upcoming Events:

- ◆ Next Wellness Advisory Mtg.
August 27, 3-5 p.m.
@ District Office, Mahogany Room
- ◆ 2007 School Wellness Conf.
October 1 & 2
Anaheim Marriot
www.csba.org/apps/swc/
- ◆ Sutter Health VNA & Hospice District Flu Clinic-\$20
Tuesday October 9, 3-5 p.m.
@ District Office
- ◆ HopeLab is awarding up to \$300,000 in cash and prizes for product ideas that will get kids moving!
www.ruckusnation.com/info