

Lyndhurst School District School Wellness Plan

What Have We
Done?

Food Services



- All Chips are baked
- All Cookies meet child nutrition standards
- Ice Cream – Yogurt and low fat
- Muffins – meet child nutrition standards
- NO CANDY
- NO TRANS FATS

Food Services

- No Drinks that sugar is the first ingredient
- Fries are cooked in Canola Oil
- All food is baked
- Portion sizes have been modified to meet child nutrition



Nurses as Liaisons

- “Live – It” - 5th and 6th grade program(log nutrition and physical activity)
- Once a month parties
- Fundraisers – changed from chips and candy to non-edible items or healthy snacks
- Grades K, 1, and 2 - Lessons in nutrition (utilized smart boards)
- School Assemblies (“Parts in Parts – Body Works) Positive effects of diet and exercise

Nurses as Liaisons

- Bulletin Boards – Healthy snacks and practices
- Curriculum – Developed K-3 curriculum and activities which included nutrition
- Sent home information
- Met with lunch aides
- Health Fair – provided healthy snacks
- Further Education – Childhood Obesity Course
- Purchased Educational Videos

District-Wide Accomplishments

Walk – A - Thons	Fitness Class	Dancing with the Staff	Aerobics in Gym	Coordination with Food Services
Healthy snacks	Removal of Vending Machines	Field House	Parent involvement and support	Changes in fundraising practices
Coordination between elementary and high school	Developed a curriculum	Reinstated Fitness Course	Health Fairs	Teaching Healthy Life-Styles

Goals for 2007 - 2008



- Continue encouraging the practices of a healthy life style
- Gain more parent support through evening meetings with innovative ideas

Goals for 2007 - 2008

- In conjunction with community service, institute after-school fitness activities
- District Wide Walk – A – Thon



Lyndhurst School District Living a Healthy Lifestyle

