

NDS WELLNESS NEWSLETTER

October 2018

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Nutrient Standards

Welcome to the October issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to a student's well-being, growth, development, and readiness to learn. This month we will continue to focus on the Nutrient Standards section of the policy. We hope you are ready to continue focusing on wellness this month through healthy celebrations!

--NDS Staff

For more information visit: [NDS Wellness Program](#)

*The Archdiocesan
Wellness Policy promotes
a healthy school
environment through
student wellness, proper
nutrition, and regular
physical activity.*

*Interested in becoming a
part of the wellness
advisory council?*

*Contact Jean Falk, RD at
jfalk@ndsarch.org*

*Questions, Comments,
Suggestions*

Email: info@ndsarch.org

Phone: 215.895.3470.

Tips for Healthy Classroom Celebrations

- Provide parents with sign-up sheets with only healthy items
- Involve students in choosing food for the celebration--have them vote on options.
- Hold celebrations in the afternoon after lunch so students don't overeat on party snacks.
- Focus on one party per class, per month
- Try planning a variety of foods of different colors, shapes, and textures



Whole Grains

- *Whole grain crackers, pretzels, or cereal bars*
- *Small whole grain bagels, waffles, or pancakes-- try topping with fruit or seed butter*
- *Low-fat or air-popped popcorn with no added butter or salt*
- *Graham crackers*
- *Baked whole grain tortilla chips*
- *Whole grain pita--serve with marinara or hummus*

Fruits & Veggies

- *Fresh fruit--make individual fruit cups or kabobs*
- *Fresh vegetables--serve with individual hummus or dip*
- *Individual fruit cups in either water, 100% fruit juice, or light syrup*
- *Frosty fruits--freeze your own fruit such as grapes or bananas*
- *Dried fruit, with no added sugar*
- *Applesauce*

Proteins

- *Fat-free or low fat yogurt --serve alone, as a dip with fruit, or as a parfait*
- *Nut or seed butter--serve with fruit or whole grain crackers*
- *Trail mix--make your own with dried fruit, cereal, pretzels and/or popcorn*
- *Low-fat cheese--Serve with fruit or whole grain crackers*
- *Hummus--serve with vegetables, pretzels, or whole grain crackers*



Make sure to use the [Smart Snack Product Calculator](#) for celebration food.

For more ideas visit [Healthy Food for Celebrations](#)

Non-Food Celebrations

Non-food celebrations are another great way to celebrate children and holidays. Such celebrations are often more popular and fun among students. These types of celebrations can include physical activity and thinking. Some students may also have food allergies, so eliminating food keeps all children safe and allows everyone to participate.



Non-Food Birthday Celebrations

**Have the student be a teacher helper*

**Allow student to wear a special crown, sash, or button*

**Have the child select a special book or allow them to invite a guest reader*

**Create a personalized card from the class*

**Allow the child to select a game or activity for the class*

**Have the student host a show and tell*

**Have other students write down something nice for the birthday child*



Non-Food Celebrations Ideas

**Have students select a prize such as pencils, erasers, stickers, or books*

**Provide extra recess time*

**Have a dance party*

**Allow game time or crafts that reflect the theme or season*

**Host a scavenger hunt around the school to get students thinking and moving*

**Host themed parades that match the holiday or season*



Additional Resources

[Healthy and Active Classroom Parties](#)

[Non-Food Celebrations](#)

[Ideas for parents, Birthday Celebrations](#)

Tips For Parents

Did you know that the way your family celebrates holidays sets expectations for kids when they participate in classroom parties or school-related celebrations?

Below are some healthy Halloween celebration tips :

- 1. Wholesome Dinner: Plan to trick-or-treat after having dinner. This way, kids are full and will be less likely to snack on treats throughout the evening.*
- 2. Healthy Treats: Instead of handing out candy, try healthy alternatives such as dried fruit, popcorn, pretzels, or whole grain crackers*
- 3. Smaller Treat Container: Leave the pillow case at home, and provide children with smaller treat containers to collect candy.*

Halloween Recipes

Mini Spider Sandwiches

Ingredients

Sandwich bread,
Peanut or soy butter
Jelly
Pretzel Sticks
Chocolate Morsels

Directions

1. Use a round cookie cutter to cut 2 circles out of a slice of bread
2. Spread peanut butter and jelly on circles and place together to form a sandwich.
3. Break pretzel sticks in half and stick them in between the bread slices.
4. Place chocolate morsel on top to look like eyes.



Candy Corn Fruit Cocktail

Ingredients

- Pineapple and oranges, cut into bite sized chunks
- whipped cream
- candy corn

*In a clear glass, layer pineapple, then oranges and top with whipped cream and a couple pieces of candy corn.