

# NDS WELLNESS NEWSLETTER

April 2019

Inside This Issue

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**EVERY KID  
HEALTHY WEEK**

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**NUTRITION  
EDUCATION**

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**COOKING**

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**FUNDRAISERS**

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## *Nutrient Standards*

Welcome to the April 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's issue focuses on physical education, nutrition education, cooking with children, and preparing for healthy fundraisers in the future. We hope this issue helps you to continue to focus on wellness and nutrient standards!

--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@ndsearch.org](mailto:jfalk@ndsearch.org)

Questions, Comments,  
Suggestions

Email: [info@ndsearch.org](mailto:info@ndsearch.org)

Phone: 215.895.3470.

# Every Kid Healthy Week

April 22-26, 2019

Every Kid Healthy Week was created to celebrate school health and wellness achievements. This annual observance highlights the great efforts schools are making to improve the health and wellness of their students and the link between nutrition, physical activity, and learning.



This week should focus on promoting and reinforcing healthy eating, nutrition education, physical activity and physical education.

Schools are encouraged to host a school-wide, health-focused event(s) during this week or sometime in April!

Activity ideas include family fitness night, plant a classroom garden, taste test of healthy fruits/veggies, or a health and wellness fair!



For more information including a toolkit and resources for Every Kid Healthy Week click [here](#)

# Incorporating Nutrition Education

Nutrition education is an important part of improving dietary habits and food choices.



## Did you know?

When children are taught the difference between healthy and low nutrition foods, they are more likely to make healthier choices as they grow older.

Children who eat healthy food on a regular basis are more likely to engage in daily physical activity.

When children are exposed to lessons on fruits and vegetables, their intake on these foods increases significantly.



## Resources

MyPlate resources for parents and teachers to influence healthy eating behaviors at home and at school (ages 6-11).

<https://www.choosemyplate.gov/teachers>

Healthy eating curriculum for grades K-12. Focuses on promoting healthy eating, sound nutrition and healthy dietary practices.

[https://www.cdc.gov/healthyyouth/hecat/pdf/HECAT\\_Module\\_HE.pdf](https://www.cdc.gov/healthyyouth/hecat/pdf/HECAT_Module_HE.pdf)

Resources for teachers that combine topics such as food and nutrition, farmers and farmers markets, and agriculture.

<https://www.choosemyplate.gov/myplate-mystate-toolkit-teachers>

# Cooking with School-Aged Children

Cooking with children teaches them how to eat well. Planning a menu provides an opportunity to discuss smart food choices, food groups, and experimentation of new and exciting foods. Children who help prepare vegetables may be more willing to sample them!

Cooking can foster responsibility as children learn to follow recipe directions and clean up after themselves.



Treat your kitchen as a learning lab as children are able to learn new science, language, and math skills. Reading recipes can also help improve reading comprehension.

Cooking together can mean sharing memories and having good conversation. Share memories of your favorite foods and what you liked as a child. It can also provide an opportunity to ask thought-provoking questions such as "which foods would make a colorful dinner?".



\* For healthy kid-friendly recipe ideas visit  
[https://www.healthyeating.org/  
Healthy-Kids/Kid-Friendly-  
Recipes](https://www.healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes)

\* For easy recipe ideas children can prepare (with some help) visit  
<https://kidshealth.org/en/kids/recipes/?WT.ac=k-nav-recipes#catrecipes>

# Fundraising

School fundraisers are a great way to raise additional funds for supplies and to support school activities! Healthy fundraisers provide an opportunity to engage staff, students, and parents in activities that reinforce positive health messages and promote a healthy learning environment!



Fundraising activities held during the school day which involve the sale of foods and beverages, must meet Smart Snack nutrition standards.

- \* The PA Department of Education allows a limited number of exempt fundraisers each school year:
  - \* up to 5 exempt fundraisers in elementary and middle schools
    - \* up to 10 exempt fundraisers in high schools

Exempt fundraisers include the sale of competitive foods to students that do not meet Smart Snack nutrition guidelines.



## Why healthy fundraisers?

Healthy fundraising events and activities provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families while still raising money for your school!

Resources and ideas for a healthy and successful

fundraiser: [https://www.freshfromflorida.com/content/download/76772/2216026/Best\\_Practices\\_for\\_Healthy\\_School\\_Fundraisers.pdf](https://www.freshfromflorida.com/content/download/76772/2216026/Best_Practices_for_Healthy_School_Fundraisers.pdf)

Healthy Fundraising Planning: <http://www.actionforhealthykids.org/game-on/find-challenges/at-home-challenges/1207-healthy-fundraising>

Healthy Fundraiser Ideas: <http://www.fundraiserinsight.org/articles/fundraisinghealthyliving.html>