

Chatham

Health

Achievers

Moving

People toward

Success

A guide for schools working towards CHAMPS status

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An Overview: Chatham Health Achievers Moving People toward Success (CHAMPS)

North Carolina students spend over two thirds of the year in school, amounting to over 1,900 hours. Given this significant amount of time, it's important that school environments support healthy habits. Creating a healthy school environment has many components, which are reflected in the Chatham County Wellness Policy (6140) and Wellness Regulations (6140R).

In 1996 Chatham County Schools (CCS) adopted the Student Wellness Policy (Appendix A), recognizing the role of physical health and proper nutrition in academic achievement. In February 2013, CCS approved the Student Wellness Regulation (6140R) (Appendix B). These regulations align with the statewide Healthy Active Children Policy and the Chatham County Wellness Policy to provide school staff guidance in providing a healthy school environment. Chatham Health Achievers Moving People toward Success (CHAMPS) recognizes schools following the Student Wellness Policy and Regulation.

Adapted from the Catawba County Healthy Schools Recognition Program developed by the Catawba Health Partners¹, the CHAMPS program encourages schools within Chatham County to meet eight criteria to achieve Healthy School status:

Chatham Healthy School Recognition Criteria

ACTIVITY 1: The school has in place a "School Wellness Council" or other school level committee that, 1) is committed to the health and well-being of students and staff, 2) consists of school personnel and parents who act as positive role models, and 3) meets monthly.

DOCUMENTATION: The school will provide a list of their school wellness council members, a meeting schedule, and meeting agendas.

ACTIVITY 2: The school will have a wellness focused objective within their continuous improvement plan.

DOCUMENTATION: The school will provide a copy of their continuous improvement plan.

ACTIVITY 3: The school offers fresh fruits and vegetables at least 3 times per week at lunch.

DOCUMENTATION: Review school menus available online to confirm fresh or frozen fruits and vegetables (not canned or dried) are offered at least 3 times per week at lunch. If menus are supplemented with fresh fruits and vegetables that are not recorded online, please provide one month's menu with noted additions.

ACTIVITY 4: The school offers plain bottled water (or water fountain or free container of water) daily in the cafeteria.

DOCUMENTATION: The school will provide documentation via a brief description of how free, unrestricted water is provided at mealtime.

ACTIVITY 5: 100% of school classrooms comply with the "Healthy Active Children" statute for 30 minutes of physical activity per day in K-8 (can utilize state provided "energizers").

DOCUMENTATION: 100% of classroom teachers (K-8) will respond to a survey of daily physical activity in classrooms and provide an example of one week's schedule. Sarah Weller will provide documentation to the school wellness team via survey monkey results.

ACTIVITY 6: 100% of school classrooms comply with the school/classroom parties and celebrations regulation within Chatham County Schools Regulation 6140 (Student Wellness).

DOCUMENTATION: 100% of classroom teachers will respond to a survey of classroom parties and celebrations. Sarah Weller will provide documentation to the school wellness team via survey monkey results.

ACTIVITY 7: The school will enforce the healthy fundraisers regulation (the sale of non-food items or Winners Circle or Snackwise® approved healthy foods) within Chatham County Schools Regulation 6140, Student wellness regulation.

DOCUMENTATION: The school will provide a list of fundraisers for the year.

ACTIVITY 8: The school will enforce the Healthy Concessions regulation (concessions offer healthy options, either Winners Circles or Snackwise® approved foods) within Chatham County Schools Regulation 6140 (Student Wellness).

DOCUMENTATION: The school will provide a list of healthy items offered at school concession stands.

Why should your school work to attain a “Healthy School” Recognition status?¹

- Childhood overweight has reached epidemic proportions
- Childhood overweight accelerates the development of chronic diseases such as hypertension, type 2 diabetes, cardiovascular disease, sleep apnea, gall bladder disease, asthma, cancer, and others
- Most children spend a large portion of their day at school, and schools are a key setting in which to implement strategies to address this issue
- Providing a healthy school nutrition environment will not only influence students’ eating patterns, but will also influence families and communities
- Healthy students are better able to concentrate on their work, attend school on a regular basis and perform better in class

Your school can make a difference by becoming a CHAMPS school!

¹ Catawba County Health Partners, <http://www.catawbacountyhealthpartners.org/>

Using this Guide

Getting Started

This guide brings together tools and resources to help your school on its path to CHAMPS status. Each school will approach CHAMPS differently based on their needs, the steps below lay out a general path that school wellness teams can follow.

Step 1: Determine your starting point. Your school may²:

1. Have an already existing school wellness team that will oversee CHAMPS at your school. *If this is your school, skip to Step 4.*
2. Have another existing committee that is committed to the health and well-being of students and staff that will oversee CHAMPS at your school. *If this is your school, skip to Step 4.*
3. Need to create a new group to serve as your school wellness team that will then oversee CHAMPS at your school. *If this is your school, go to Step 2.*

Step 2: Invite potential participants. School wellness teams typically have between 6-12 members. The committee should include a building level administrator and/or another staff member willing to take on the leadership of the group.³

The exact membership of a school wellness teams will differ by school site, though members typically include school staff (administration, nurses, teachers, food services, etc.), students, community members, PTA members and other family members. Other individuals that are sometimes included on school wellness teams include staff from local health departments, local businesses, community members, health care professionals, afterschool programs or other youth serving organizations.⁴

To determine who to invite to be part of your school wellness team think about:

- Who would represent the many different groups who make up our school community?
- Who would have the time to commit?
- Who has the ability to influence the school community?
- Who will be impacted by health and wellness programs in the school community?

Step 3: Organize and hold an initial meeting. Once you've identified the people who will be part of your school wellness team, it's time to hold your first meeting! At your first meeting be sure to:

- Determine roles such as facilitator, record keeper, etc.
- Decide how you will make decisions as a group and consistently apply the agreed upon process.
- Finalize committee membership
- Set a regular monthly meeting schedule (required to be a CHAMPS school)
- Determine how you will keep regular documentation. You will need this to submit for recognition.

The Alliance for a Healthier Generation's "School Wellness Council Toolkit" provides a number of great resources for starting up your school wellness team, including an invitation template, agenda template and more. Visit their website, <https://www.healthiergeneration.org/>, to download the toolkit.

Step 4: Assess your school wellness environment. Depending on where your school started, you may be a group that has been meeting for a long time, or you may have only met a few times. Either way, to get started on the path to be a CHAMPS school, you will want to start by completing the Activity Planning Checklist (See "Tools" page 30) provided in this packet. This sheet was designed to help you identify the CHAMPS criteria your school needs to focus on to become a CHAMPS school.

Step 5: Create an Action Plan. Using the Action Plan template (See "Tools" page 31) provided in this packet lay out the steps to achieving your goals. The more specific you can be in your action plan, the more useful your action plan will be as you start your path to be a CHAMPS school.

When meeting to complete your Action Plan, it is important to:

- Have your completed Activity Planning Checklist on hand, so you can identify what criteria you need to focus on.
- Identify other committees at the school to partner with, such as the safety committee, garden committee, PTA etc.

Step 6: Get started! Using your Action Plan and the tools outlined in this packet, get started on the path to CHAMPS status. Remember, if you have questions along the way the district School Health Advisory Council CHAMPS Subcommittee is available to assist you. Contact sarah.weller@chathamnc.org with questions or requests for assistance.

Step 7: Submit Documentation. In May, submit the Documentation Coversheet (See “Tools” page 33) and all items for documentation to the CHAMPS Subcommittee (email sarah.weller@chathamnc.org). The timeline on the following page can help you stay on track to receive recognition in the spring.

² Evanston-Skokie District 65. *Evanston-Skokie District 65 Wellness Council Guidebook*. http://district.schoolnutritionandfitness.com/evanston-skokiesd65/files/School_Wellness_Handbook_Final.pdf.

³ Alliance for a Healthier Generation. Alliance for a Healthier Generation Healthy Schools Program Framework. www.HealthierGeneration.org.

⁴ NC Prevention Partners. *Zone Health School Wellness Manual, Building Your Team*.

Timeline for Recognition

Action	Description	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Enrollment period	CHAMPS Subcommittee will send invite to all schools to participate in program. Schools have until the opt-in deadline to notify CHAMPS Subcommittee that they plan to participate in the CHAMPS program.	X	X									
Opt In Deadline	Final deadline notify the CHAMPS Subcommittee that your school plans to participate in the CHAMPS program this year.			X								
Convene your school wellness team (SWT)	Form your new school wellness team or meet with your existing school wellness team to complete the Activity Planning Checklist.				X							
Develop Action Plan	Using the activities identified in your Activity Planning Checklist, develop an Action Plan for achieving each activity.				X							
Implement Action Plan	Use your Action Plan to guide your activities through the school year.					X	X	X	X	X		
Mid-Year Check In	Review your Action Plan. See what tasks you have accomplished, and what needs to get done to submit all documentation in May.						X					
Submit Documentation	Using the CHAMPS Documentation Coversheet compile all documentation needed and submit to the CHAMPS Subcommittee for review.										X	
Receive Recognition	The CHAMPS Subcommittee will review documentation and recognize schools meeting all criteria.											X

Activity 1: Have in place a school wellness team

ACTIVITY 1: The school has in place a "School Wellness Council" or other school level committee that, 1) is committed to the health and well-being of students and staff, 2) consists of school personnel and parents who act as positive role models, and 3) meets monthly.

DOCUMENTATION: The school will provide a list of their school wellness council members, a meeting schedule, and meeting agendas.

School wellness teams are school level groups, which work to ensure school environments that promote the health and wellbeing of students and staff. School wellness teams oversee the implementation of the CHAMPS program as well as other related activities aimed at creating a healthy school environment. This can include³:

- Assisting with school level policy development to support a healthy school environment
- Promoting parent, community and professional involvement in developing a healthier school environment
- Advocating for school health programs and policies within the broader school community
- Identifying funding and leveraging resources for student and staff wellness
- Planning and implementing programs
- Evaluating programs and other efforts

Having a school wellness team or other committee at your school that is committed to the health and well-being of students and staff is the cornerstone activity for recognition as a CHAMPS school. It is the school wellness team that will lead and coordinate activities to meet the other seven criteria for recognition. School wellness teams working toward CHAMPS status will:

- Assess the school wellness environment using the Activity Planning Checklist
- Create an Action Plan to achieve the CHAMPS criteria
- Implement changes to meet the CHAMPS criteria based on your Action Plan
- Compile and present documentation for recognition via the CHAMPS Documentation Coversheet

School Wellness Team frequently Asked Questions2

Q: What if we already have a school level group that meets to address student health?

A: If the school already has a group that meets to address student and staff health including healthy eating and physical activity, this group can meet the school wellness council criteria.

Q: We have a district School Health Advisory Committee, why do schools need school wellness teams?

A: The district School Health Advisory Council (SHAC) and school level school wellness teams are complimentary. The SHAC focuses on district level policies and programs that impact everyone in the Chatham County School system such as creating policy recommendations, identifying programs, and resources. School level school wellness teams work within individual schools to implement policies, programs and utilize resources identified by the SHAC. School wellness teams focus on the needs of students, families and staff within that specific school. The district SHAC and school wellness teams work together to create continuity from district to school level.

Q: What support is there for school wellness teams?

A: We can provide support to you throughout the CHAMPS process. This might include attending your first meetings to help you get started, helping you understand what the requirements are, and providing ongoing support as you strive to achieve each CHAMPS status at your school.

Q: Why can't we have just one person be a wellness lead? Why do we need to have a whole team?

A: Building a better school health environment is a task that is too large for one individual. Assembling a reliable and diverse team to oversee and guide your school through this process is an important first step. A team of individuals with diverse backgrounds and viewpoints will add depth to your program, and may prevent some roadblocks further down the road.

Meeting Documentation for Activity 1

To meet this first criteria, school need to have a school wellness team or other group addressing student and staff wellness and be able to provide documentation through, 1) a list of school wellness team members, 2) a meeting schedule, and 3) meeting agendas for the year in review.

Activity 2: A Wellness Focused Objective in the School Continuous Improvement Plan

ACTIVITY 2: The school will have a wellness focused objective within their continuous improvement plan.

DOCUMENTATION: The school will provide a copy of their continuous improvement plan.

According to the State Board of Education goals for future-ready students for the 21st century Goal number three, “NC Public school students will be healthy and responsible⁵,” all schools should have a wellness focused objective within their school’s continuous improvement plan. A Wellness focused objective should reflect one, or more components of Goal 3 (see inset). For the CHAMPS program, it is encouraged, but not required, that wellness objectives reflect work the school is doing to achieve CHAMPS status and promote student and staff wellness through healthy eating and physical activity.

Goal 3: NC public school students will be healthy and responsible⁵.

- Every learning environment will be inviting, respectful, supportive, inclusive, and flexible for student success.
- Every school provides an environment in which each child has positive, nurturing relationships with caring adults.
- Every school promotes a healthy, active lifestyle where students are encouraged to make responsible choices.
- Every school focuses on developing strong student character, personal responsibility, and community/world involvement.

Meeting Documentation for Activity 2

To meet the criteria for Activity 2, schools need to demonstrate that they have a wellness focused objective in their school continuous improvement plan by providing the CHAMPS Subcommittee with a copy of their continuous improvement plan.

⁵ North Carolina State Board of Education. *Mission Statement*.

<http://www.ncpublicschools.org/organization/mission/>.

Activity 3: Offer Fresh Fruits and Vegetables at Lunch

ACTIVITY 3: The school offers fresh fruits and vegetables at least 3 times per week at lunch.

DOCUMENTATION: Review school menus available online to confirm fresh or frozen fruits and vegetables (not canned or dried) are offered at least 3 times per week at lunch. If menus are supplemented with fresh fruits and vegetables that are not recorded online, please provide one month's menu with noted additions.

Fresh fruits and vegetables are an important part of a healthy, balanced diet. Consumption of fresh fruits and vegetables is linked to the reduced risk of a number of chronic diseases, including stroke, diabetes, and some types of cancer.⁶ It is recommended to eat at least five servings of fruits or vegetables per day. However, across the United States, people consume on average only 3.5 servings of fruits and vegetables a day.⁷

With many children consuming more than half their meals at school, it's important that school meals include a variety of all the foods that make up a healthy diet, including fruits and vegetable.⁸ In addition, by including fruits and vegetables each week, school meals introduce kids to a variety of fruits and vegetables, encouraging kids to start healthy eating habits that will carry throughout their lives.

Providing Fresh Fruits and Vegetables at Your School

In Chatham County, school menus are set by Child Nutrition Services in accordance with all national and state school food requirements. All Chatham County Schools provide at least three servings of fresh fruits and vegetables a week.

Meeting Documentation for Activity 4

All schools will meet this criterion through Child Nutrition Services. Simply provide a copy of one week's menu. If your school goes above and beyond this to supplement menus with additional fruits and vegetables during the week, please provide evidence (menus, etc). Additional efforts may be taken into consideration and recognized during documentation review.

⁶ North Carolina Cooperative Extension. *Eat More Fruits and Vegetables*.
http://www.ces.ncsu.edu/depts/fcs/pdfs/EnjoyMoreFandV_School_Age.pdf.

⁷ North Carolina Department of Agriculture and Consumer Services. *Kids World Nutrition Information: Eat Your Way to Five a Day*. <http://www.ncagr.gov/cyber/kidswrld/nutrition/5aday.htm>.

⁸ Let's Move. *Healthy Schools*. <http://www.letsmove.gov/healthy-schools>.

Activity 4: Free Water is Available at Mealtime

ACTIVITY 4: The school offers plain bottled water (or water fountain or free container of water) daily in the cafeteria.

DOCUMENTATION: The school will provide documentation via a brief description of how free, unrestricted water is provided at mealtime.

The Healthy, Hunger-Free Kids Act of 2010 established a requirement that water should be made available to children in the National School Lunch Program at no cost in the cafeteria during mealtime.⁹

Water availability to students at mealtime is important for student health and an important part of the fight against obesity. Having water available to students provides an alternative to sugar-sweetened beverages, which according to the American Public Health Association contribute 45% of the added sugars in the American diet.¹⁰ Overconsumption of sugar is linked to obesity and other obesity related diseases, such as diabetes, and heart diseases. In addition being a healthy alternative for sugar-sweetened beverages, water consumption helps students stay hydrated, which has been linked to improved cognitive function in children and adolescents.¹¹

Providing Water at your School

Schools have a variety of options when it comes to offering water at lunch. Schools can offer water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Whatever solution is chosen, the water must be available without restriction in the location where meals are served.⁹

If your school is interested in new options for providing water in schools, such as providing students with cups, water bottles or purchasing new water coolers or equipment, the organization Water in Schools, provides a comprehensive overview of water options for

schools on their “Make it Happen” webpage

(<http://www.waterinschools.org/makeithappen.shtml>). In addition, Appendix C includes a comprehensive list of water dispenser options for schools compiled by Water in Schools.

Meeting Documentation for Activity ⁴

All Chatham County Schools, as a participant in the National School Nutrition Program, provide water at no cost in the cafeteria during mealtime either from a water fountain or from a pitcher/dispenser. To meet requirements for the CHAMPS, provide a brief explanation of how your school provides free, unrestricted water to students at mealtime.

⁹ United States Department of Agriculture, Food and Nutrition Service. Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service Food and Nutrition Service. http://www.fns.usda.gov/cnd/governance/Policy-Memos/2011/SP28-2011_osr.pdf.

¹⁰ American Public Health Association. Policy Statement Database. *Taxes on Sugar-Sweetened Beverages*. <http://www.apha.org/advocacy/policy/policysearch/default.htm?id=1437>

¹¹ Centers for Disease Control and Prevention. *Water Access in Schools*. <http://www.cdc.gov/healthyyouth/npao/wateraccess.htm>

Activity 5: Healthy Active Children

ACTIVITY 5: 100% of school classrooms comply with the "Healthy Active Children" statute for 30 minutes of physical activity per day in K-8 (can utilize state provided "energizers").

DOCUMENTATION: 100% of classroom teachers (K-8) will respond to a survey of daily physical activity in classrooms and provide an example of one week's schedule. Sarah Weller will provide documentation to the school wellness team via survey monkey results.

Healthy Active Children Statute

According to the State Board of Education Healthy Active Children policy;

“A minimum of 30 minutes of moderate to vigorous physical activity shall be provided by schools for all K-8 students daily. This requirement can be achieved through a regular physical education class and/or through activities such as recess, dance, classroom energizers, or other curriculum based physical education activity programs. However, such use of this time should complement and not substitute for the physical education program.”¹²

A list of frequently asked questions, and answers has been compiled by the North Carolina State Board of Education, these can be found:

<http://www.ncpublicschools.org/docs/curriculum/healthfulliving/resources/policy/healthychildren/questionanswer.pdf>, they have also been included in this guide as Appendix D.

Resources for Physical Activity in the Classroom

While it might seem daunting to incorporate 30 minutes of physical activity into an already crowded school day, there are a number of ways to integrate physical activity into already existing activities in the school day. Physical education (PE) classes, recess, intramurals, and physical activity based curriculum are several ways to integrate physical activity into

the school day. In addition, the required 30 minutes of physical activity does not have to be done in one block, but rather can be divided into three, ten minute sessions throughout the day. (Note that sessions should be at least 10 minutes to gain the health benefits of physical activity.)

Below are some links providing ideas, and activities for incorporating physical activity in the classroom:¹³

Classroom Energizers

Energizers are brief activities designed to get students moving, while also fitting with classroom learning objectives. This link includes energizers for students K-5, and middle school energizers by subject (healthful living, language arts, math, music, science, and social students). These energizes were created by the East Carolina Activity Promotion Laboratory in partnership with North Carolina Healthy Schools, North Carolina Department of Public Instruction and Be Active NC and align with information being taught at each grade level.

<http://www.ncpreventionpartners.org/dnn/Announcements/BeActiveNCTransition/Energizers/tabid/415/Default.aspx>

Integrating Physical Activity into the Complete School Day

This is a great resource from the National Association for Sport and Physical Education. It includes links to a number of different organizations that provide free activities designed to integrate physical activity into small amounts of time throughout the school day.

<http://www.aahperd.org/naspe/publications/teachingTools/upload/PA-During-School-Day.pdf>

Take 10!

Offers grade level, and subject appropriate 10 minute activities designed to get students moving in the classroom.

<http://www.take10.net/background>

Meeting Documentation for Activity 5

For documentation, 100% of teachers for K-8 will need to respond to a Survey Monkey survey about physical activity in the classroom. In addition to this survey, teachers will need to provide their school wellness team an example of one week's schedule of physical activity in the classroom. The survey will be sent out by the School Health Liaison at the Chatham County Public Health Department. A summary of answers will be provided to each school's school wellness team to be submitted with their documentation for recognition.

¹² NC Healthy Schools. *NC Board of Education: Healthy Active Children Policy Manual*:
<http://www.nchealthyschools.org.components/healthyactivechildrenpolicy>

¹³ American Alliance for Health, Physical Education, Recreation and Dance. *Integrating Physical Activity into the Complete School Day*.
<http://www.aahperd.org/naspe/publications/teachingtools/upload/pa-during-school-day.pdf>

Activity 6: Healthy School/Classroom Parties

ACTIVITY 6: 100% of school classrooms comply with the school/classroom parties and celebrations regulation within Chatham County Schools Regulation 6140 (Student Wellness).

DOCUMENTATION: 100% of classroom teachers will respond to a survey of classroom parties and celebrations. Sarah Weller will provide documentation to the school wellness team via survey monkey results.

School and classroom celebrations are a fun and rewarding way for students, teachers and families to celebrate successes and events together. They can also be great place to teach healthy eating habits.

According to Student Wellness Regulation 6140, school and classroom celebrations are defined as holidays, birthdays, and/or congratulatory events.

In order to be considered a healthy school/classroom celebrations, celebrations should:

- Be limited to once per month
- Are strongly encouraged to consider non-food options (For Eat Smart Move More's guide to non-food celebrations see Appendix E)
- If food is provided, at least one food item must be Winner's Circle (Appendix F) or Snackwise® (Appendix G)
- If beverages are provided, all beverage items must be Winner's Circle (Appendix F) or Snackwise® (Appendix G)

Also, keep in mind Student Wellness regulations around food as a reward when planning school and classroom parties.

“Schools will seek alternatives to using food as an individual or classroom reward. However, if food (excluding pizza) items are used as a reward at least one food must be Winner's Circle or Snackwise®. If beverage items are used as a reward all beverages must be

Winner’s Circle or Snackwise®. All food safety guidelines for proper storage and handling of foods must be followed.”

Meeting Documentation for Activity 6

For documentation, 100% of teachers for will need to respond to a Survey Monkey survey about school/classroom parties. This survey will be sent out by the School Health Liaison at the Chatham County Public Health Department. A summary of answers will be provided to each school’s school wellness team to be submitted with their documentation for recognition.

Activity 7: Healthy Fundraisers

ACTIVITY 7: The school will enforce the healthy fundraisers regulation (the sale of non-food items or Winners Circle or Snackwise® approved healthy foods) within Chatham County Schools Regulation 6140, Student wellness regulation.

DOCUMENTATION: The school will provide a list of fundraisers for the year.

School fundraisers play a vital role in supporting school programs. They also provide the opportunity for students to learn about salesmanship, planning, teamwork, creativity and community.

There are many different options available to schools when it comes to fundraisers. Chatham County Student Wellness Policy 6140, strongly recommends schools to seek non-food options or healthy options for fundraisers (Winner's Circle or Snackwise®).

Planning a Healthy Fundraiser

Having healthy fundraisers is easier than you might think! Eat Smart Move More has developed a great list of non-food fundraisers for schools (Appendix H) as well as a healthy fundraising planning guide (Appendix I). Also see Appendix F and G for Winners Circle and Snackwise® options for healthy food fundraisers.

Meeting Documentation for Activity 7

For documentation, the school wellness team should submit to the CHAMPS Subcommittee a list of school fundraisers for the academic year.

Activity 8: Healthy Concessions

ACTIVITY 8: The school will enforce the Healthy Concessions regulation (concessions offer healthy options, either Winners Circles or Snackwise® approved foods) within Chatham County Schools Regulation 6140 (Student Wellness).

DOCUMENTATION: The school will provide a list of healthy items offered at school concession stands.

Concessions at events and sports games are important resources for school athletic programs. By providing healthy concessions at events and sporting games, schools present students the opportunity to learn about and make healthier food choices.

The Chatham County Wellness Policy strongly recommends that concessions sold at school events meet Winners Circle or Snackwise® criteria.

Selling Healthier Concessions

There are many healthy options that you can add to your school concession stand. Consult Eat Smart Move More's guide to School Concessions in Appendix J as well as the Winners Circle and Snackwise® criteria (Appendix F and G) for ideas.

Meeting Documentation for Activity 8

For documentation submit to the CHAMPS Subcommittee a list of healthy concession items offered at your school concessions stand.