

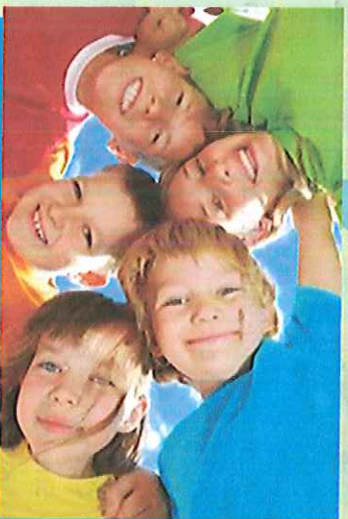


Healthy Foods Healthy Kids

The Elizabeth Schools Wellness Program is designed to give students the opportunity to participate in physical activity and make healthy choices throughout the school day.

We are concerned about the growing epidemic of obesity in our country. Even Colorado, one of the healthiest states, has been affected. As of 2010 1 in 5 children (age 2-14) in Colorado are overweight or obese and the trend is growing. From 2003 to 2007 obesity in Colorado children increased 23%. This is the second fastest increase in the nation.

With your help, Elizabeth schools want to give our students the tools to overcome these statistics. Our student will enjoy a rich variety of nutrition offerings and exercise activities. Whether they are participating in organized recess games, attending a classroom party, or eating a healthy snack children are learning a healthy, balanced lifestyle that will benefit them now and in the future.



Move!



Healthy Options Healthy Kids

Elizabeth Schools Wellness Program

Classroom Rewards

The Elizabeth Wellness program encourages teachers to use nonfood rewards for their students. Most elementary classes have treasure boxes that contain stickers, trinkets, pencils, bookmarks, erasers etc.



Birthdays

Parents are encouraged to send nonfood items as classroom treats to celebrate their child's birthday. Parents can even arrange with the teacher for students to get extra recess time or to play a game to celebrate.

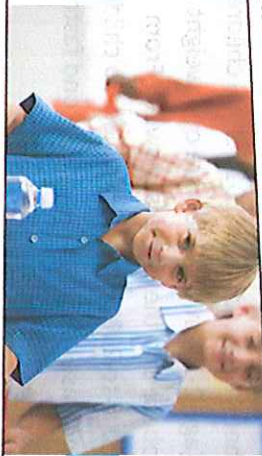
Parties and Events

All group events that incorporate food should offer a balance of healthy foods. Examples are: popcorn, vegetable & fruit platters, nuts or trail mix, cheese and crackers etc. Please only bring food to share at a teacher's request.



Recess before Lunch

When students are able to eat after recess they typically eat more nutritious food and waste less. They aren't thinking about what they will do at recess and rushing to finish lunch. It also allows a calming break before students are expected to focus on classwork.



Lunchroom

Students can bring a lunch from home or participate in the Elizabeth Schools hot lunch program. The school lunches are carefully chosen to provide a nutritious balance of foods including salad bars filled with fresh fruit and vegetables..

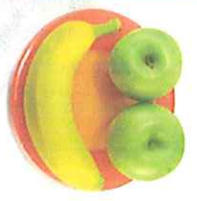


Snack Time

Please provide your student with a healthy snack such as:

- Apple
- Orange
- Cut-up bell pepper
- Small carrots & celery
- Snap peas
- Blueberries
- Sliced cucumber
- Dried fruit
- Strawberries
- Jicama sticks

Elizabeth Schools Wellness Program



Organized Recess

At Singing Hills and Running Creek Schools we have recess facilitators who organize and encourage students to participate in group games.

Brain Breaks

In many of our classrooms teachers are seeing the benefits of brain breaks. During these 1 to 3 minute breathing and movement exercises students are able to reenergize and focus. Brain breaks can be as simple as jogging in place or flapping arms to mimic a bird flying. Brain breaks are effective from pre-school to high school.

Move!

Middle and High School

Both the middle and high schools have extensive salad bars filled with enticing healthy foods as well as a variety of hot lunches. Students can participate in physical fitness offerings both during and after school. The middle school utilizes the Fuel Up to Play 60 program which works with students and empowers them to improve their nutrition and physical activity choices.