



6/17/2014

Encl. #6.3
June 26, 2014

**Annual
Update**
Horseheads Central School District

Wellness

BOE Policy 5405

- Nutrition*
- Physical Activity*
- Other Activities*

Nutrition

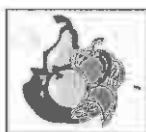
More Changes in Food Service

Changes
to A-la-carte Offerings
& to Breakfast



Breakfast

- ◆ *½ Cup Serving of Fruit Required*
 - Just like at Lunch where a serving of fruit or vegetable is required



A la carte

Meets all of the proposed competitive food nutrient standards, including:

- ◆ *50% or more whole grains; or*
- ◆ *First ingredient: fruit, vegetable, dairy or protein;*
- ◆ *And*
 - *Fat can be no more than 35% total calorie content of the item*
 - *Sugar can be no more than 35% calories by weight*
 - *Snack can be no more than 200 calories*
 - *Sodium capped at 200 milligrams*

What does this mean for snacks?

Approved Snack list in schools
has been updated:

- Reduced fat Doritos
- Baked Chips
- Limited ice cream variety
- No more Little Debbie snacks

Physical Activity

Physical Education

Elementary (K-4)

Basic gross motor movements:

Learning how to 'move' and 'play'.

Ex: Running, jumping, skipping,
balancing, one foot movements,
changing directions

Learning how to throw, catch, kick,
swing, strike, manipulate an object

Teach having fun and why

Physical Education

Intermediate (5-6)

Expand gross motor movements

Teach Fine motor movements

*Teach the rules of team
sports/activities and begin 'lead
up' games*

*Teach sportsmanship, character
traits*

Teach having fun and why



GEOCACHING

*PTO bought the PE program hand-held GPS devices
so the students could learn geocaching.*



In the field!

Physical Education

Middle School (7-8)

Expand on team sports/activities
and introduce individual
sports/lifelong activities
Introduce offense/defense 'lead up'
games
Teach having fun and why

Physical Education

High School (9-12)

FITS (Fitness, Individual, Team,
Swimming)
Students choose activities based on
what is planned for the unit time
period
Each area of FITS is taught throughout
the school year
The facilities allow for all areas to be
taught

Athletics (2013-14)

24 Varsity, 15 JV and 17 Modified
teams
1262 participants in 2014
1305 participants in 2013
1301 participants in 2012
1325 participants in 2011
1247 participants in 2010
1242 participants in 2009

Other Activities

Elementary

**Family Fun nights more
active at Gardner Road:
Swim Night, Mud Run,
Dancing Night*

**Healthy Snacks, nutrition
and wellness information
in classroom and
newsletters*

**Morning Exercise on TV*

**Kids in Action*

Secondary

◆ *Nutrition and Fitness
classes (FACS)*

◆ *Weight Room, Pool,
Tennis, Track, Fitness
Bikes*

District-wide

♦ To Your Health

- Wellness Information
- Recipes
- Local Gym Discounts
- Health Care Information

SAFETY FIRST

District-wide Safety Team
Initiatives

QUESTIONS??
