

In support of our Pine Road students' well-being and learning, our school has developed the following healthy practices. These are in effect school-wide Kindergarten – 5th. Here is some background information followed by a summary of the four main Wellness Practices at Pine Road.

In 2007 our LMTSD Wellness Committee was formed with the mission of promoting healthy living for our students and staff during their school day. Subsequently, a Pine Road Wellness Committee was formed to address the particular needs of our youngest LM students. Over the last several years, emerging research has shown the link between physical activity, healthy eating and academic performance. Our children spend the majority of their day in school where they get a large percentage of their daily food and physical activity. This makes school an ideal setting for teaching them how to develop a healthy and well-balanced lifestyle. Healthy changes at Pine Road School have been made gradually. We have found our students to be very interested in the health of themselves and their family members. They typically embrace new health knowledge and accept guidelines to help them to perform their best in school and life healthfully.



HEALTHY FOODS FOR DAILY SNACKS

Pine Road encourages Kindergarten through 5th grade students to bring healthy snacks that support continued energy throughout the school day. Examples include fruit, cheese sticks, vegetables and lower-sugar grain bars.



REWARDS THAT AREN'T FOOD

Pine Road encourages Kindergarten through 5th grade classroom rewards that are not food to celebrate individual and class successes. Example rewards include: extra physical activity time or games.



BIRTHDAY CELEBRATIONS WITHOUT FOOD

Pine Road enjoys celebrating our students' successes and milestones. While Kindergarten through 3rd grade classes have celebrated birthdays without food in past years, this practice will now extend Kindergarten through 5th grade. Birthday celebrations without food could include selecting a Celebration Book to donate to our library in honor of the birthday student, donating an item for use in the classroom, bringing a small non-food item for each student in the class or bringing in something to share related to the celebrating student.



CLASSROOM CELEBRATIONS WITH HEALTHY FOODS

Pine Road classes enjoy celebrating calendar holidays throughout the year. We encourage Kindergarten through 5th classrooms to include a majority of foods that are healthy with only 1 or 2 sugary foods. We have found that students are very receptive to a variety of healthy foods.