



Teaching Wellness



Arlene Argir, Principal
David Mindess School
Ashland, MA




School Committee Policy

ASHLAND SCHOOL COMMITTEE
POLICY MANUAL POLICY NUMBER: SF
3.2



SUBJECT: WELLNESS MISSION:
Our mission is to encourage students to adopt a healthy lifestyle encompassing the whole person so that this behavior becomes a way of life. We strive to educate our students so they may live full, productive lives. Good health and well being are the foundation for this growth. The entire school environment, not just the cafeteria or classroom, must be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

- Enacted June 2006
- Goals
- Guidelines
- Evaluation




Mindess Birthday Party Policy

- No food for birthday celebrations
- Commitment to healthier living and lifestyles





P.E. Fitness Calendar

- P.E. = Positively Exciting
- Exercise as a family
- Available online



Make sure you eat 6 fruits and/or vegetables each day this month!



The Pursuit of Fitness Grants

- Blue Cross/Blue Shield
3 Years of Awards
Hall of Fame
- Metrowest Community
Healthcare Grant
2 years

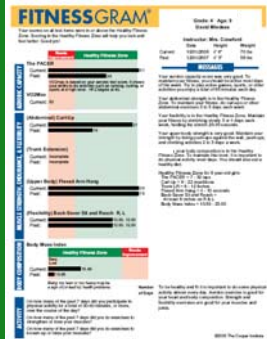



MHE
Active Member School promotes health and fitness awareness



Student FitnessGram

- Tracks long-term student success in fitness goals
- Sent home with students
- Provides positive feedback
- Offers suggestions for growth

Whole School Activities

Commitment to healthier living and lifestyles

- ☀ Walk to School Day
- ☀ Spooky Run
- ☀ Mud Run
- ☀ Mindess Marathon



7

Walk to School Day




Walk to School Day






8

Spooky Run






9

Spooky Run






10

Spooky Run






11

Mud Run



Mindess Marathon



Small Group Activities

- ☀ Snowshoeing
- ☀ Climbing Wall
- ☀ Fitness Club
- ☀ Track & Field
- ☀ Jump Rope
- ☀ 5th Grade Hoedown

Snowshoeing



Climbing Wall & Jumping Rope



Track & Field





Cafeteria Connections

Curriculum

Ashland Elementary Schools March 2009

Mon	Tue	Wed	Thu	Fri
2 Zani's Corn Chili Ned's Corn Bread Green Egg Shaped Cookies	3 Cat's Mac and Cheese Wish Penny's Freshest Fish	4 Daisy-Head Maya Burgers Pink Yaki To Go	5 Cat's Black Mac Wish Only Let's White Box	6 Singing Ying Pasta Things

Served Daily: Assorted Cold Milk, 100% Juice Cans, Fresh Fruit and Vegetables
Breakfast \$1.25 Reduced \$.30 Lunch \$2.25 Reduced \$.40 Milk \$.50
The Ashland School Food and Nutrition Department is looking for substitute cafeteria staff.
If you are interested please call Barbara Tescione at 508-683-0168

March 2nd On Dr. Seuss' birthday we bring you the Zani's and Ned from One Fish Two Fish Red Fish Blue Fish. Ours is a beef and bean chili that is sure to please, whether you have a Zani's in your house or not! Ned's Corn Bread is the classic corn bread we bake in house. As a special treat we will also serve Green Egg shaped cookies. These are from the Kids Kookie Company and have been reformulated to be healthier by incorporating 100% whole grains into the recipe. The nutritionals are as follows:

Kid's Kookie Co. Nutritional Analysis (Per Actual Serving Weight)											
Serv. We (oz)	Cal.	Cal. from Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)	Total Fat (g)
20	84.08	24.14	5.24	5.62	6.43	6.63	6.28	6.28	6.28	6.28	6.28
Cal. Fat	17.85	5.16	5.32	5.89	6.43	6.63	6.28	6.28	6.28	6.28	6.28



*Thank you for inviting
me here today!*

