**RiseVT Classroom Wellness Policy**

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_ works hard to ensure that students’ minds and bodies are ready for learning each day.

In our classroom we encourage healthy eating, physical activity,(sleep and mindfulness). Below are our policies for healthy snacks, healthy celebrations, recess, (sleep and mindfulness).

**Healthy Snacks –**Our class encourages healthy snacks, to include fruit, vegetable or dairy. We discourage highly processed and sugary foods. Water will be available for snack and throughout the day. We discourage sugary beverages in the classroom.

Listed below are some healthy choices to help guide you when deciding on your child’s snack.

* Any Fruit or Vegetable – cut into child size pieces.
* Hummus
* Sunflower seeds
* Raisins, dried fruit
* Low fat cheese sticks
* Cottage cheese
* Popcorn
* Frozen grapes
* String cheese
* Pepperoni
* Apple sauce
* Yogurt
* Lunch meat
* Hard boiled eggs
* Pickles

**Healthy Celebrations** - Our goal is not cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food; therefore all celebrations need to include healthy food choices. We agree that our celebrations will never include screen time where we are not moving around. Our class will plan and create celebrations that are inclusive, fun, and full of movement. Consider consolidating birthday parties or let the students of the birthday month plan their own healthy celebration.

**Check out “RiseVT’s Guide to Healthy Rewards and Celebrations”**

**Physical Activity** – Our class recognizes that withholding recess as punishment is counterproductive; therefore we will not withhold recess from any student. Our class will jointly create other consequences for students. Everyone in our class will enjoy at least 30 minutes of movement daily, including recess, and will be able to participate in all of the movement and mindfulness breaks offered throughout the day.

**Check out “RiseVT’s Alternatives to Withholding Recess”**

**Additional optional policies for classrooms…**

**Sleep –** Our class recognizes the importance of sleep. Sleep helps our bodies grow and be ready to learn.

**Mindfulness** – Our class wants everyone in a space where they can experience learning. We value the ability to pause and reflect and be mindful with our minds and our bodies. Our class will practice mindfulness in order to center our bodies and calm our minds in preparation for learning.

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