

# Springfield School District Wellness Program

Your employee wellness program and how it impacts  
staff, students and the community

# Year 1: New Health Resolutions

The goal was to promote awareness and provide tools for employees to know their “health numbers”

1. On-site biometric testing
2. Enter information into a on-line health survey- (access through insurance carrier)
3. Provided activities throughout the year
4. Post on-site biometric testing and re-enter information into the health survey



# Year 2: Be Healthy, Live Well



- Partnered with Willamalane Parks and Rec to allow employees to use their fitness facility, swim at lap pools
- Continue zumba and yoga classes
- Continue Weight Watchers@work program
- Added Healthy Schools Challenge: competition between Bethel and Springfield district employees to see who could eat more fruits/vegetables

# Year 3: Sustaining the Wellness Journey

- Continue partnership with Willamalane Parks and Rec
- Continue zumba and yoga classes
- Continue Weight Watchers@work program
- Healthy Schools Challenge: competition between Bethel and Springfield districts employees to see who could eat more fruits/vegetables and log **more activity** hours. Also added a **student essay component**.
- Promoted Veggie U; a 4<sup>th</sup> grade curriculum that allows students to grow vegetables from seed

# Year 4 and Beyond

- Expand opportunities at the building level (ex: walking groups after school; exercise buddies)
- Work with partners to continue annual events and activities (ex: Healthy Schools Challenge, Live Fit Expo)
- Continue to seek new grant opportunities for funding and may need to shift more cost share to employee



# Expanding Student Wellness through the District Wellness Policy

- Healthy school employees are role models; Essays contest for elementary students
- Promoting school gardens
  - The district is involved in Farm to School program to serve local foods in schools
  - Produce stand; vegetables grown by CTP students and sold at local produce coop
- Setting healthy classroom snack guidelines
  - Shifting focus from food for celebrations and parties



## Healthy Classroom Snack Guidelines

To be considered a healthy snack choice, a single serving should contain no more than:

- 7 grams or less of fat
- 2 grams or less of saturated fat
- 0 grams of trans fat
- 15 grams or less of sugar (4.2 g equals 1 teaspoon)
- 250 milligrams or less of sodium
- No artificial sweeteners or colors

Water is the preferred beverage of choice

- Juice drinks for children in the age range of 13-18 should contain at least 25% juice
- Beverages with 10 mg or less of caffeine per 8 oz serving
- Water or flavored waters shall not contain added sugar or caffeine
- All low and reduced fat milks that include less than 26 g of sugar per 8 oz serving are acceptable



### Acceptable Snacks for the Classroom

#### Fruits/Vegetables:

- ◊ Fresh Fruits— apples, apricots, berries, grapes, kiwi, mango, melon, nectarine, orange, papaya, peach, pear, pineapple, plum
- ◊ Dried Fruits
- ◊ Unsweetened applesauce
- ◊ 100% fruit popsicles
- ◊ 100% fruit leathers
- ◊ Raw Vegetables (low fat dip, salsa or hummus)— broccoli, carrots, cauliflower, celery, jicama, sweet bell peppers, cherry tomatoes

#### Whole Grains:

- ◊ Popcorn— air popped or low fat microwave
- ◊ Wholegrain pretzels
- ◊ Yogurt covered pretzels/raisins

#### Whole Grains Continued:

##### Crackers-

- \* Graham crackers or sticks
- \* Triscuits, Wheat Thins, Vegetable Thin
- \* Cheez-its, Cheese Nips
- \* Ritz Crackers (not Ritz Bits or sandwiches)
- \* Saltines, Oyster Crackers
- \* Wheatables, Air Crisps
- \* Goldfish Crackers

##### Pirates Booty

- ◊ Low fat breakfast, granola bars
- ◊ Wholegrain Pita

##### Cereals

- ◊ Baked tortilla chips or soy chips
- \* Cheerios (not honey nut or frosted)

#### Whole Grains Continued:

- \* Chex-rice, corn, wheat, Kix
- \* Cinnamon Toast Crunch
- \* Frosted Mini Wheats
- \* Kashi Go Lean Friends, Heart to Heart
- \* Life (not Vanilla yogurt crunch)

#### Protein:

- ◊ String Cheese
- ◊ Low fat yogurt (individual cups or tubes)
- ◊ Low fat pudding (individual cups)
- ◊ Drinkable yogurt or smoothies
- ◊ Cottage cheese
- ◊ Toby's tofu

Partners in Building a Better Future

Show me the Veggies!

We all want our kids to eat a healthy diet, but in order for the idea to stick, kids need healthy eating role models. Luckily, the faculty at all Springfield and Bethel schools have partnered with PacificSource to take part in the Healthy Life Schools Challenge **April 16 - May 11**.

The concept is simple: for one month, we're encouraging school staff to replace unhealthy snacks with a fresh fruit or vegetable. The schools compete to see which faculty group can consume the most fruit and vegetable servings, while PacificSource provides tracking tools, fresh produce, and other incentives.

In a partnership like this, everyone wins. The faculty members are eating well, and the kids are watching their school role models make healthy choices. PacificSource would like to thank all of the employees for taking part and setting the tone for our students.

Learn more at [HealthyLifeChallenge.org](http://HealthyLifeChallenge.org)



Partners in Building a Better Future

Delivering Health to Teachers and Students

We asked. You delivered. Congratulations to all Bethel and Springfield School District teachers and staff members who participated in the 2012 PacificSource Healthy Life Nutrition Challenge. In four weeks, 700 teachers and staff at 33 different schools consumed nearly 38,000 fruits and vegetables. In the process, they replaced more than 12,000 unhealthy snacks with healthier choices. PacificSource employees helped out by delivering fresh produce to each participating school, encouraging teachers and staff members to replace at least one high calorie snack a day with a fresh fruit or vegetable.

We'd like to thank all the Bethel and Springfield School District teachers, staff members, and administrators for making the choice to eat healthy and setting a healthy example for our students. In a partnership like this, everyone wins.

Learn more at [HealthyLifeChallenge.org](http://HealthyLifeChallenge.org)