

# Sussex County School Health and Wellness Resource Guide



Sussex County Health Crisis Work Group

January 2021

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# Mission Statement

The Sussex County Child Health Crisis Work Group is dedicated to supporting the health and wellbeing all of students in Sussex County and across the state of New Jersey. Our mission is to provide resources, professional development, and practical solutions to school districts. We believe that healthy students can flourish within the school environment. By supporting all students to maintain their health and wellness, students will reach their fullest potential and become active, contributing members of their local and global communities.

# Introduction

According to the American Academy of Pediatrics, the increase in childhood obesity represents an “unprecedented burden” on children’s health. Medical complications common in overweight children include hypertension, Type 2 Diabetes, respiratory ailments, orthopedic problems, trouble sleeping, kidney failure and low self-esteem which leads to depression. All these conditions are on the rise!

The Center for Disease and Prevention, World Health Organization, American Academy of Pediatrics and The National Association of School Nurses are just a few nationwide agencies/organizations that agree most children spend a large portion of their day in school. It is the ideal setting, and one of the most efficient systems to reach children and adolescents to provide health services and strategies to prevent obesity!

The message children receive about nutrition/physical activity should be clear, consistent, and constant. Only then will they begin to internalize the information and make changes in their eating and activity. All who influence children’s food choices share this task of presenting these messages: parents, educators, administrators, health care providers, the food industry, the media, and politicians.

Children do not become proficient at playing a violin, solving math problems, or scoring lacrosse goals without a great deal of practice. The same is true of good nutrition/physical activity habits. Not only must we equip our students with the knowledge and skills, but also give them ample opportunity to practice those skills in the school setting. By establishing healthy habits early in life, students can dramatically reduce their risks for disease and increase their chances for longer, more productive lives!

The positive impact of healthy eating and physical activity on academic success promotes a culture of health and well-being for all students. It will also have an important role in affecting policy change that will improve the health of our students and communities in which we live. Building collaboration is especially important for constructing power of any mission.

We are hoping that sharing the enclosed strategies and resources utilized by county schools will assist you to be the “superhero” your students need and deserve. This document will create important opportunities to convene, align and build collective power to improve the health of all Sussex County children and communities. Together we can make a difference!

Sincerely,

The North Jersey Health Collaborative - Sussex County Child Health Crisis Work Group

# History of Sussex County Child Health Crisis Work Group

October of 2013, nine visionary organizations came together to incorporate a new entity called the North Jersey Health Collaborative (NJHC). Having seen the division and duplication that existed between many assessment, planning and implementation activities across the county, the group set out to coordinate the efforts and resources of public health, healthcare, and other organizations to maximize our impact on the health status of our communities. The NJHC, an independent 501(c)3, was established as the backbone for this collective effort of building capacity to improve community health.

In 2015, for the first time, NJHC pulled together those partners across five NJ counties, Morris, Passaic, Sussex, Union, and Warren, to conduct their first shared community health assessment. In Sussex County, as well as the other four counties, obesity was one of the health issues identified, thus the Sussex County Child Health Crisis Work Group was created.

The obesity epidemic is one of the greatest public health, social and economic challenges of the 21st century. The work group began its mission to combat the obesity epidemic with a focus on childhood obesity, grades K-6, where the current estimation is that a third of the children in this category are obese. Tools to measure progress for instituting best practices, programs, and health outcomes were developed by the work group, along with the collection of annual BMI data from county schools.

The involvement of many sectors will be needed to reverse this epidemic. Without a strong contribution from schools, we are not likely to reverse this grave health issue. County schools are the first focus in this initiative! Educating school staff on how to infuse nutrition into the curricula and having buy-in is paramount to the success of our mission. Strong school-based wellness policies, programs and providing access to a best practice guide for county schools, followed by educating parents and students about making healthier choices, should be a great start.

The work group is collaborating with more than seventeen county agencies and organizations as well as Rutgers University, Sussex County Community College, Montclair State University and St. Elizabeth College to achieve the goals of this initiative! Meaningful change requires leadership. States and communities are demonstrating that obstacles can be overcome, effective strategies can be implemented, and schools can play a strong role in improving the lives of young people through physical activity and healthy eating!



# **Framework for Change at the Local School District**

Making change within a school system is a daunting but achievable task. School districts need to determine their starting point, create a system of supports in the district to promote health and wellness, and empower staff and students to implement the supports to foster increased health and wellness for all students. Every school and district will face unique challenges within the system that will impact the way this work will be completed. The objective is to make small strides each year that are sustainable within the system. Over time, the impact of this progressive growth process will be a significant positive change within the culture of the school community whereby the health and wellness of all members of the school community play a direct role in fostering increased student health and wellness.

# Determine the District Starting Point

Each county school or district will develop a Wellness Committee. This is an advisory group that is concerned about the overall health and wellbeing of students, staff, and families. The group consists of 6-12 members and includes school staff, administrators, board of education members, family members, students, school food service, and community members. The committee must meet 3-4 times during the school year. The roles and responsibilities of the Wellness Committee are as follows:

- Developing a healthier school environment
- Creating a vision, goals, and strategies
- Reassess current wellness policy and update accordingly
- Promote parent, community, and professional involvement
- Tap into community resources and accessing funding
- Advocate for promoting school health programs
- Continuously evaluate programs and goals

Once the Wellness Committee is created, it is important to complete an evaluation tool to determine the status of these protocols in your district. The Healthy School Assessment Guide from the website [Healthiergeneration.com](http://Healthiergeneration.com) is a tremendous resource. This tool will assist schools to assess their gaps and to help determine a starting point/points so they can begin making “bit-size changes” to improve their school environment.

The Wellness Committee must designate one or two lead persons who will represent the group, create meeting agendas, take minutes of all meetings, and disseminate minutes to all members.

Refer to the Sussex County School Health/Wellness Resource Guide for ideas and strategies to promote health and wellness!

## **Additional Links to Resources**

[https://www.samhsa.gov/sites/default/files/programs\\_campaigns/wellness\\_initiative/wellnessneedsassessmentfinal508.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/wellness_initiative/wellnessneedsassessmentfinal508.pdf)

<https://healthyschoolscampaign.org/dev/wp-content/uploads/2020/02/ESSA-State-Framework.pdf>

<https://www.cdc.gov/healthyschools/shi/pdf/Elementary-Total-2017.pdf>

<https://www.cdc.gov/healthyschools/shi/pdf/Middle-High-Total-2017.pdf>

# RoNetco ShopRite Dietitian Support Opportunities

All the ShopRite dietitian programs are free of charge. ShopRite dietitians can come to the schools to do presentations for the children, staff, or district families.

**Student programs-** ShopRite dietitians can come to the school and provide nutrition education to the students in a fun and interactive way.

**Staff programs-** Through lunch and learns, ShopRite dietitians can set up an information table with relevant handouts and provide education to the staff while they are on their lunch breaks. Providing the staff with information on how to make healthier choices will hopefully trickle down from the staff to the students. In-service days are another great way to connect with the staff.

**Community programs-** ShopRite is always more than willing to attend community events and set up tables where they promote their free services. Participation at these events is helpful to individuals and families where they are able to pick up nutrition resources and learn more about how a dietitian can help not only themselves but their families, too.

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# Support Social and Emotional Wellness

## **Mindfulness, Self-Care, Self-Compassion & Resilience:**

Seven Ways Mindfulness Can Help Teachers by Patricia Jennings (Greater Good Society)  
[https://greatergood.berkeley.edu/article/item/seven\\_ways\\_mindfulness\\_can\\_help\\_teachers](https://greatergood.berkeley.edu/article/item/seven_ways_mindfulness_can_help_teachers)  
*Video of Megan Cowan from Mindful Schools is included.*

<https://www.calm.com/schools> *FREE for Educators*

How to Meditate with Jeff Warren-on Calm App  
<https://app.www.calm.com/program/mVcvqWcR8C/how-to-meditate>

Mindfulness is not a class period, It is a Lifestyle, by Jennifer Caputo (*From Sparta, NJ*),  
3/30/20, NJEA Review.  
<https://www.njea.org/mindfulness-is-not-a-class-period-its-a-lifestyle/>

Educator Wellness: Self-Care in a Selfless Field, by Lilla Dale McManis, PhD  
<https://resilienteducator.com/lifestyle/educator-wellness/>

How Teachers Can Practice Self-Care for Long-Term Health & Wellness, by Jennifer Gunn  
<https://resilienteducator.com/lifestyle/teacher-health-wellness-resources/>

Headspace (Mindfulness App) *FREE* for Educators, Administrators, and Support Staff  
<https://www.headspace.com/educators>

## **Social Emotional Learning (SEL), Trauma Informed Care/Classroom & Adverse Childhood Experiences (ACEs):**

The National Child Traumatic Stress Network -Trauma Informed School Strategies during COVID -19  
<https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19>

New Jersey Department of Education SEL Resources  
<https://www.state.nj.us/education/students/safety/sandp/sel/>

Teacher, interrupted: Leaning into Social-Emotional Learning Amid the COVID-19 Crisis, by Christina Cipriano and Marc Brackett  
<https://www.edsurge.com/news/2020-03-18-teacher-interrupted-leaning-into-social-emotional-learning-amid-the-covid-19-crisis>

Trauma-Informed School Strategies during COVID-19

<https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19>

Inside a Trauma-Informed Classroom, by Mary Ellen Flannery (*Elementary focus K-2*)

<http://neatoday.org/2019/07/10/inside-a-trauma-informed-classroom/>

Preventing Adverse Childhood Experiences (ACEs) (CDC.org)

[https://www.cdc.gov/violenceprevention/acestudy/fastfact.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Fchildabuseandneglect%2Faces%2Ffastfact.html](https://www.cdc.gov/violenceprevention/acestudy/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Fchildabuseandneglect%2Faces%2Ffastfact.html)

### **Equity & Justice:**

NJDOE's *Equity in Action Virtual Unconference* - August 4, 2020. Space is limited to the first 1,000 participants and will fill up quickly. Use the link below to register by **July 24, 2020**.

<https://www.nj.gov/education/broadcasts/2020/jun/25/Registration%20Open%20for%20NJDOEs%20Equity%20in%20Action%20Virtual%20Unconference%20on%20August%204.pdf>

Race in the Classroom: Seeing Color (video)

An original spoken word poem on the discourse of race in the classroom, by Valyn Turner

[https://youtu.be/EO7k04dc\\_8g](https://youtu.be/EO7k04dc_8g)

Racial Justice in Education - A Resource Guide (NEA.org)

<https://neaedjustice.org/wp-content/uploads/2018/11/Racial-Justice-in-Education.pdf>

Teachers Pay Teachers

[https://www.teacherspayteachers.com/teachforjustice?utm\\_campaign=Weekly\\_Newsletter\\_%2523719\\_Pr eK-5\\_Other&utm\\_source=simon&utm\\_medium=email#professionallearning](https://www.teacherspayteachers.com/teachforjustice?utm_campaign=Weekly_Newsletter_%2523719_Pr eK-5_Other&utm_source=simon&utm_medium=email#professionallearning)

### **Books:**

*Just Mercy: A Story of Justice and Redemption*, by Bryan Stevenson

*Tell Me Who You Are: Sharing Our Stories of Race, Culture, and Identity*, by Winona Guo and Priya Vulchi

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, by Resmaa Menakem

*How to Be an Antiracist*, by Ibram X. Kendi

*Onward: Cultivating Emotional Resilience in Educators*, by Elena Aguilar

# **Health and Wellness Protocols and Policies**

## **Policies to Review**

Health Services Policy

Local Wellness / Nutrient Standards for Meals and Other Foods Policy

District Sustainability Policy

Health and Physical Education Policy

# Suggested Best Practices for Student Handbooks

Schools, after school programs and school sponsored activities play an important role in helping students learn about health and wellness, embrace healthy eating, and promote physical activity. School celebrations can reinforce messages about good nutrition and health when they include healthy foods and beverages and provide opportunities for students to be physically active.

## **1. Celebrations:**

Option One - No food allowed at all! Only non-food incentives!

Option Two - Only healthy foods allowed (See Smart Snacks, USDA) or non-food incentives.

You may opt to have a monthly Birthday Day. Parents must respect students in class with food allergies! Food must be commercially packaged with a nutrition label and listing all ingredients.

## **2. Snacks:**

No candy, soda (sugar or sugar free), sugary drinks or energy drinks permitted. Only water or flavored water without sugar, milk and 100% fruit/vegetable juices (no added sweeteners) allowed in school settings. If candy is brought in by students, it will be sent home at the end of the day, or parents have the choice of picking it up. No candy or non-nutritious foods will be consumed on school property. If a snack is permitted by the teacher, only smart snacks will be accepted.

**Homemade or Commercial Food (deliveries to school):** Students may not bring homemade food for distribution nor bring commercial food into the building during the school day. Any exceptions must be approved by an administrator.

## **3. Fundraisers:**

No outside organizations can sell non nutritional foods to students or staff during school hours. i.e. Girls Scouts, PTO etc. If it involves food, it must be conducted after school hours.

## **4. Staff as role models:**

No eating or drinking non-nutritional foods/drinks in front of students during the school day or after school sponsored activities.

## **5. Food service -- selling snacks after lunch:**

Students may only purchase one snack from the snack bar after eating a healthy lunch!

Administration will provide parents instructions on how to communicate with food service with regards to purchasing one healthy snack! Students will not be able to purchase multiple snacks!

## **6. Physical Education:**

Every student must receive 150 minutes of health, physical education, and safety per week.

Recess should NOT count towards the 150 weekly minutes.

**7. Recess:**

Students should receive at least 20 minutes of daily recess.

Recess should not be taken away as a punishment. Students should be provided restorative justice activities, and they cannot be denied recess more than twice a week.

<https://www.nj.gov/education/broadcasts/2019/JUL/05/20303/NJDOE%20Frequently%20Asked%20Questions%20Recess%20Law.pdf>

**8. Brain Breaks**

Should be integrated throughout the school day per teacher's discretion.



# Funding Health and Wellness Initiatives

## Good Sports

Good Sports gives all kids the lifelong benefits of sport and physical activity by providing equipment, apparel, and footwear to those most in need.

All applicants must meet each of the following criteria:

- Your organization directly serves youth between the ages of 3-18 years old
- Your organization serves youth in an economically disadvantaged area
- Your organization charges a participation fee of \$299 or below
- Schools Only: More than half of the student body must be eligible for free/reduced lunch.
- Your organization is located in the United States
- Your organization operates an organized sport, recreational activity, or fitness program that offers consistent and structured opportunity for play to large groups of children

<https://www.goodsports.org/apply/>

## Walmart.Org

<https://walmart.org/what-we-do/strengthening-communities/healthier-food-access> (Links to an external site.)

## Access and Availability to Healthier Food

In FY2019, Walmart donated more than 640 million pounds of food, over 55% of which was fruits, vegetables, and meats. Those efforts are complemented by philanthropic investments to increase access and availability to healthier food by:

- Strengthening and protecting federal nutrition programs, specifically SNAP and WIC (i.e. technology to improve access to SNAP and WIC, including outreach, application assistance, program delivery and building capacity for advocacy).
- Scaling food recovery models for fresher food, specifically from retail and farm (i.e. approaches to distribute fresh food more quickly to people in need, such as in re-processing food and helping to better connect food available for donation with organizations who are able to distribute it).
- Evolving food distribution and meal programs to improve equitable access and outcomes, especially in communities experiencing higher rates of food insecurity (i.e. prototyping innovative approaches to fill gaps and better respond to needs, especially those with potential to scale).

## Build Confidence to Eat Healthier

Through philanthropy, we support programs and initiatives designed to encourage people to eat more fruits and vegetables. We look for programs and initiatives that help people select, prepare, and serve healthier meals. This strategy supports programs that:

- Build nutrition literacy through evidence-based education programs (e.g. supporting schools in scaling access to educational content and delivery models and integrating education programs with initiatives increasing access to healthier foods).

- Improve people’s ability to find and connect with food resources in their communities (e.g. leveraging technology web tools and applications) efficiently and effectively.
- Encourage healthier eating through evidence-based simplified nutrition messaging or programs that incentivize selection of healthier foods (e.g. targeting messages on digital platforms and implementing behavioral nudges).

We seek to fund organizations that have the capacity to administer sub-grants and build capacity across networks of organizations to scale proven strategies, test and evaluate place-based efforts or innovative approaches that could have the potential to scale in the future.

The team at Walmart.org solicits proposals from eligible 501(c)(3) organizations (or equivalent organizations outside the U.S.) whose work relates to the above focus areas.

Prior to submitting program ideas using the Letter of Inquiry (LOI) (Links to an external site.) format, please review the requirements and guidelines.

**USDA Farm to School Grants:**

<https://www.fns.usda.gov/cfs/farm-school-grant-program#:~:text=USDA's%20Farm%20to%20School%20Grants,agriculture%20through%20garden%20and%20classroom>

On an annual basis, USDA awards competitive Farm to School grants to be used for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs. Through the FY 2018 Omnibus Bill, the Farm to School Grant Program was appropriated additional funding. In FY 2019 and FY 2020, Office of Community Food Systems (OCFS) will release approximately \$7.5 million to help reach more communities seeking to incorporate local products into the school meal programs, integrate agricultural education into the classroom, and cultivate and expand school gardens.

**Gus Schumacher Nutrition Incentive Program:**

<https://nifa.usda.gov/program/gus-schumacher-nutrition-incentive-grant-program>

The Gus Schumacher Nutrition Incentive Program (GusNIP) supports projects to increase the purchase of fruits and vegetables among low-income consumers participating in the Supplemental Nutrition Assistance Program (SNAP) by providing incentives at the point of purchase. Need to be connected with SNAP administering agency in NJ (SNAP-Ed can assist)

# Partnering with Families and Community Health Providers

## Sussex County Child Obesity Resource List

\*Call 211 to speak to a community resource specialist in your area who can help you find services and resources that are available. You can also visit the website at [www.211.org](http://www.211.org)

## Community Dietitians



Free nutrition services including kids cooking classes, store tours, and 1-on-1 consultations.

### Byram

MaryKate Branche | 973-448-9770

[MaryKate.BrancheRD@wakefern.com](mailto:MaryKate.BrancheRD@wakefern.com)

### Franklin

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### Montague

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### Newton

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### Sparta

Samantha Cifelli | 973-729-6900

[Samantha.CifelliRD@wakefern.com](mailto:Samantha.CifelliRD@wakefern.com)



**Weis Markets (Newton and Franklin)**

Kimberly Asman, RD | 973-442-5539

Kasman@weismarkets.com

1-on-1 counseling, store tours, and group presentations. Call for appointment.

**Private Practice Dietitians**



**Vernon Center for Nutrition and Wellness**

Franklin: 973-827-1733

Ramsey: 201-825-3001

[www.vernonnutritioncenter.com/index.php](http://www.vernonnutritioncenter.com/index.php)

Nutrition counseling on portion control, healthy snacking, emotional eating and increasing physical activity.



**Saint Clare's Health**

**St. Clare's Health System Outpatient Nutrition Counseling**

Denville, Dover, Sussex [www.saintclares.org](http://www.saintclares.org) (888) 808-1234

**Community Resources**



**SNAP-Ed (Supplemental Nutrition Assistance Program-Education)**

NJ SNAP-Ed is a free nutrition and physical activity program aimed at teaching NJ residents how to make healthy, budget-friendly food choices and lead more active lives.

973-891-3421



**Sussex County YMCA**

15 Wits End Rd, Hardyston NJ 07419 | 973-209-9622

Free Membership offered to 6th, 7th, and 8th grade students to support and encourage youth to live healthy lifestyles. Other Health and Wellness Programs available.

**Fairview Lake YMCA Camps**

1035 Fairview Lake Rd, Stillwater, NJ 07875 973-383-9282

Summer Camps, Family Programs, Environmental Education, and Weekend Programs.

**Medical Resources**

**Sussex County Office of Public Health Nursing**

Free well child clinics for uninsured children 0-5 years old. 201 Wheatsworth Rd, Hamburg NJ 07419  
973-579-0570 ext. 1211



**Newton Medical Center**

175 High St, Newton, NJ 07860 973-383-2121  
Diabetes & Nutrition Center 973-579-8341



**Morristown Medical Center**

100 Madison Ave, Morristown NJ 07960 973-971-5000  
Nutrition Outpatient Services 973-971-5454



**Hackettstown Medical Center**

651 Willow Grove St, Hackettstown NJ 07840 908-852-5100  
Nutrition Outpatient Services 908-441-1482



**Zufall Health Centers**

**Newton Medical/Dental** 973-862-6650  
238 Spring St Suite A, Newton NJ 07860

**Hackettstown Medical/Dental** 908-452-5366

Doctor's Park, 117 Seber Rd Bldg 5, Hackettstown NJ 07840

**Dover Medical** 973-328-3344

18 W Blackwell St, Dover NJ 07801

**Dover Dental** 973-328-3344

17 S Warren St, Dover NJ 07801

## Websites



### **Centers for Disease Control and Prevention-Overweight & Obesity**

<http://www.cdc.gov/obesity/childhood/index.html>



### **Kids Health from Nemours**

<http://kidshealth.org>



### **USDA**

<http://www.choosemyplate.gov>



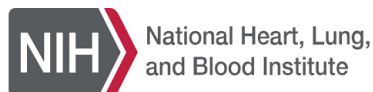
### **American Academy of Pediatrics Healthy Children**

<https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx>



### **Healthy Kids Healthy Future**

<https://healthykidshealthyfuture.org/resources-for-parents/>



National Heart, Lung,  
and Blood Institute

### **National Heart Lung and Blood Institute “We Can!” Program**

Helpful information and resources including tips, worksheets, and tools to help families eat right, get active, and reduce screen time.

<https://www.nhlbi.nih.gov/health/educational/wecan/>

# School Spotlights

The following tables provide detailed program options that are currently implemented in school districts throughout the region. Each item includes the program name, description of the event, name of participating districts, and contact information. The tables are divided into Community, Staff, Students, Social and Emotional Learning, and Online Resources. Districts are encouraged to share the events occurring in district. Please email [jcenatiempo@ltes.org](mailto:jcenatiempo@ltes.org) to update this resource with spotlight activities in your district!

## Community Activities

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>WOODBOURNE 5K RACE</b>	The Sussex Wantage Regional School District has partnered with The Wantage Township Recreation Committee for the past 12 years by sponsoring the annual Woodbourne 5K Race (walk or run) in the fall. The Sussex Wantage Education Association receives grant funding for sponsorship. Families, staff, and community come together to exercise and have fun. Healthy foods are provided, as well as non-food incentives.	Clifton E. Lawrence School  Anne Marie Penhacker <a href="mailto:apenhacker@swregional.org">apenhacker@swregional.org</a>
<b>FAMILY FUN NIGHTS</b>	Twice a year (fall & spring) we partner with ShopRite dietitians and the YMCA. P.E. teacher organizes 45 minutes of (non-competitive) activities that parents, and children can have fun but are moving and dietitians developed a healthy food Jeopardy Game (30 minutes). Attendees are divided into 2 groups and really learn a lot and have fun! YMCA provides free family passes to all families. At the end of the program our PRIDE committee (SWEA) provides bottles of water, fruit and/or cheese platters. We allowed approximately 40-50 people - first come first served for safety of participants. We used our gym. Can allow more people if you have a larger space.	Wantage Elementary School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>  Kayla Gunes <a href="mailto:kgunes@swregional.org">kgunes@swregional.org</a>
<b>PARTNERING WITH RUTGERS UNIVERSITY</b>	Kourtnie Fedele, DNP student from Rutgers University working on a proposal to develop educational programs (3-4) for parents in the fall of 2020.	Sussex Wantage Regional, Lafayette and Frankford School Districts  Kourtnie Fedele <a href="mailto:kmf220@sn.rutgers.edu">kmf220@sn.rutgers.edu</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>WELLNESS COMMITTEE</b>	Each school must have a Wellness Committee! It is an advisory group concerned with the health and well-being of students and staff. The group consists of administrators, staff members, food service representatives, family members, community members and in some cases (depending on age of school population, students). At WES & CEL we work on improving health priorities and activities that truly reflect the needs and interests of the school's students and staff. We meet 3-4 times a year planning and implementing strategies that promote nutrition/physical activity and other health issues.	Wantage School Clifton E. Lawrence School  Deb Fisher <a href="mailto:Debfish1989@gmail.com">Debfish1989@gmail.com</a>  Kayla Gunes <a href="mailto:kgunes@swregional.org">kgunes@swregional.org</a>
<b>PUMPKIN RUN</b>	Our Pumpkin Run is organized by the PE teacher and occurs during the school day. It happens late October close to Halloween; all teachers help supervise the kids. Parents are invited to attend and participate. They run laps around the field at school, which is coned off. Parents can run with their children. Everyone runs or walks a mile, while music is playing, and the PE teacher runs in a big inflatable pumpkin costume! it is fun! Kids get excited about it every year.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>
<b>FAMILY HEALTH NIGHT</b>	A health fair offered for the community, including parents and staff. There were different health presenters that included businesses such as gyms, dieticians, sellers of essential oils, as well as a doula.	Fredon Township School
<b>MOVE IT UP DAY</b>	A meet and greet for parents to meet their children's teachers for the upcoming year. Took advantage of the crowd and held a health fair and invited other community partners.	Hamburg School
<b>FAMILY ACTIVITY NIGHT</b>	This takes place each Spring and continually draws in over 200 attendees. The evening starts at 6pm with a meal that is catered by either their school food service or a local restaurant depending on the year and available funds. From there, families are invited to participate in activities inside and outside of the school ranging from sports, games, arts and crafts, Zumba, yoga, and movies. These sessions last from 6:30pm-7:30pm with a small break in between to allow participants to change activities. They have also incorporated a Kids Heart Challenge (formerly Jump Rope for Heart) where attendees can donate to the American Heart Association and join in on individual and group jumping activities. The night concludes in the auditorium where adult and student prizes are raffled off that have been donated by community businesses.	Halsted Middle School



## Staff Activities

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>THE BIGGEST LOSER</b>	This challenge is a weight loss-based challenge and seems to be the most popular one. Each year, teams of 5 participants compete to see who can lose the biggest weight loss percentage as a team. Last year's team won a total of \$775 which was donated to Operation Chill Out during our Arbor Day Ceremony. This is my favorite challenge as it seems to promote the most camaraderie. I will make this an annual contest.	Valley Road School, Stanhope  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>BIGGEST LOSER</b>	This program is implemented from January to April (12 weeks) - all money raised goes to winning teams favorite charity. Share healthy recipes and some staff have personal challenges amongst themselves. We partnered with our YMCA in Hardyston! They provided 12 family passes; one to be awarded weekly to a lucky participant!	Wantage School Clifton E. Lawrence School  Kayla Gunes <a href="mailto:kgunes@swregional.org">kgunes@swregional.org</a>  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>AFTER SCHOOL ACTIVITIES</b>	Have in the past, provided Step and Yoga classes for staff after school. No space currently to host these activities but hope to resume in the future. Staff, parents, or local gym instructors have provided these activities	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>FALL BACK INTO SHAPE CHALLENGE</b>	This contest was for the staff. The goal was to hit 10,000K steps per day. Each team of 2 that hit the daily goal moved up a spot on my wall. (I created sneakers with the team names and moved them forward each day each team bot hit 10K steps). This was a 30-day challenge. At the end of the challenge, the team that won received \$375. This was collected by the \$15 buy in for all participants. This was a good challenge; however, I do not think I would do a challenge for a cash prize again.	Valley Road School, Stanhope  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<p><b>JANUARY 16, 2020 DISTRICT INSERVICE "PROMOTING GOOD NUTRITION HABITS IN YOUR STUDENTS:</b></p>	<p>The NJHC, "Child Health Crisis" Work Group presented a pilot presentation to the staff of Clifton E. Lawrence &amp; Wantage Elementary Schools in Sussex Wantage Regional School District. It was an hour program that first informed the staff of the mission of the group, addressing their short- and long-term county goals. ShopRite dietitians, Lauren Bath and Samantha Cifelli, presented Nutrition 101, informing staff of the USDA nutritional guidelines and what nutrients students needed to grow up healthy and strong. They also addressed sugar as an inflammatory, to avoid saturated fats, trans fats and processed foods in their diets. Students needed to be encouraged and taught in the school setting to consume more fruits, vegetables, grains, and drink water as their beverage of choice.</p> <p>Jennifer Salt from SNAP-Ed, Zufall Health Services, informed staff of the many free nutritional resources, curriculums, and posters they can order or download, that can be utilized in school settings.</p> <p>Dave Pasake, fifth grade teacher at Wantage School taught his colleagues how to infuse nutrition and physical activity into all subjects. The Work Group plans to take the in-service program on the road to other county school districts in the fall. It is important that school staff and administrators should be educated about the Child Health Crisis (childhood obesity) in Sussex County, so they can begin to address this health issue in their schools. They must buy-in, to be a part of the solution! The Work Group has the professional members and tools to assist all county schools to address this prevalent health crisis.</p>	<p>Wantage School Clifton E. Lawrence Schools SNAP-Ed</p> <p>Jennifer Salt <a href="mailto:jsalt@zufallhealth.org">jsalt@zufallhealth.org</a></p> <p>Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a></p>
<p><b>STAFF AS GOOD ROLE MODELS</b></p>	<p>We encourage our staff to be good role models for our students - we have several staff members coaching Girls and Boys on the Run Clubs after school in the Fall and Spring. No staff member can drink soda or any other sugary drink in front of students. They are also not allowed to eat candy or any non-nutritional food in front of students, i.e. cookies, cupcakes, cake, etc. They are good ambassadors for promoting healthy eating and exercise! Some staff members challenge each other using certain exercise Apps on their phones or Fitbit.</p>	<p>Wantage School</p> <p>Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a></p>
<p><b>WELLNESS MATTERS</b></p>	<p>This contest was for the staff. The goal was to hit 10,000K steps per day. Each team of 2 that hit the daily goal moved up a spot on my wall. (I created sneakers with the team names and moved them forward each day each team bot hit 10K steps).</p>	<p>Valley Road School - Stanhope</p> <p>Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a></p>

## Student Activities

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>SHOPRITE DIETITIANS</b>	Dietitians from ShopRite come in to do an assembly for grades K-3. They talked about nutrition and MyPlate and distributed samples of a new apple species, as well as green beans. This had excellent feedback from the teachers as well as the students.	Valley Road School, Stanhope  Jessica Frank  <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>ONCE A MONTH BIRTHDAY CELEBRATIONS BIRTHDAY DAY</b>	Instead of birthdays celebrated every day, they are recognized one day a month! One cupcake or cookie allowed and then only non-food incentives or healthy foods allowed!	Lafayette Township School District Wantage School  Jennifer Cenatiempo <a href="mailto:jcenatiempo@ltes.org">jcenatiempo@ltes.org</a>  Caroline Beischer <a href="mailto:cbeischer@swregional.org">cbeischer@swregional.org</a>
<b>SLEEP PROGRAM</b>	A group of students at WES will participate in a positive sleep study during which they will learn about the impact of healthy sleep habits on school attendance. Research indicates several factors (e.g. the use of electronics) impact the quality of a child's sleep. Children ages five to twelve years require 10 to 11 hours of quality sleep each night to have maximum performance in school.	Wantage School  Julie Tremont <a href="mailto:jtremont@swregional.org">jtremont@swregional.org</a>  Caroline Beischer cbeischer@swregional.org
<b>OPEN GYM BEFORE SCHOOL</b>	Open gym is available from 8:00 - 8:25am daily. It is supervised by the teaching staff.	Stillwater Township Elementary School  Maureen Beckman <a href="mailto:Sdaag25@gmail.com">Sdaag25@gmail.com</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>OPEN GYM &amp; YOGA</b>	Held during activity period 1:02 - 1:38pm for grades 3-6 on Mondays, Thursdays, and Fridays.	Stillwater Township Elementary School  Maureen Beckman <a href="mailto:maureen.beckman@stillwaterschool.net">maureen.beckman@stillwaterschool.net</a>
<b>GARDEN</b>	The garden has been maintained by summer schools' students and summer school teachers in the past. This summer it will be maintained by our Makerspace teacher, Elaine Makeravich, and a group of volunteer teachers. Summer School lessons will all be taught remotely this summer. The gardening lessons are taught during Makerspace periods and lessons are given to teachers of all grade levels to present to their students. Teachers may incorporate the lessons into their science curriculum	Stillwater Township Elementary School  Maureen Beckman <a href="mailto:maureen.beckman@stillwaterschool.net">maureen.beckman@stillwaterschool.net</a>
<b>FOOD FREE CELEBRATIONS</b>	There is never food brought in on birthdays, instead classes get extra play time outside to celebrate. A grant was received to purchase extra outdoor toys that are used during these times. Started as kids got to choose food or more play time and most all chose the play time.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>
<b>NON-FOOD REWARDS</b>	We wrote a policy on the no food rewards, meaning a class could not be rewarded with candy or have a pizza party for completing work. Basically, it said that teachers cannot reward the class with food for anything, but instead could give out stickers, erasers, pencils, or give extra play time for the class, either outside or board games.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>
<b>BE A GOOD ROLE MODEL</b>	Staff were asked to become good nutritional role models for our students. Those that participated in this program wore bee pins and opted to not eat or drink anything "unhealthy" in front of the students such as chips and soda. This had a big response. I was happy with it.	Valley Road School, Stanhope  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>HYDROPONIC GARDEN</b>	The students actively participate with the planting, tending, and harvesting. Then the whole school gets to eat the vegetables grown in a salad each month on our pizza lunch days.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>DENTAL HEALTH ASSEMBLY</b>	Newton Sparta Pediatric Dentistry comes to the school to present once each year.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>
<b>ZUFALL DENTAL VAN (ANNUAL EVENT)</b>	A dentist from Zufall comes in to do a presentation on oral hygiene for grades K-5. These students received a bag with a toothbrush, timer, and educational packet regarding good and effective dental hygiene practices. The Health Center has a dental van that performs dental exams, fluoride treatments, x-rays (if needed), oral health care education and hand out free toothbrushes to students. Esperanza Gonzalez (representative) contacts county schools to set-up appointments. A valuable county resources.	Valley Road School, Stanhope Clifton E. Lawrence School Wantage School  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>  Harriet Anderson <a href="mailto:handerson@swregional.org">handerson@swregional.org</a>
<b>NUTRITION ASSEMBLIES</b>	ShopRite dietitians come to the school to present at an assembly. Dieticians from ShopRite come in to do an assembly for grades K-3. They talked about nutrition and MyPlate and distributed samples of a new apple species, as well as green beans. This had excellent feedback from the teachers as well as the students.	Sandyston Walpack Consolidated School Valley Road School, Stanhope  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>NUTRITION LESSONS</b>	Lessons are incorporated into the health curriculum. Students in grades K-6 have health class once per week.	Stillwater Township Elementary School  Maureen Beckman <a href="mailto:maureen.beckman@stillwaterschool.net">maureen.beckman@stillwaterschool.net</a>
<b>MINI HEALTH FAIRS</b>	This happens during the school day. I arrange it with the County Health Dept. for one day in April. Three nurses come and set up 3 stations where the kids rotate through. One on nutrition, one on hand washing, and one on sun safety. They bring that Derma scan machine where you can see the sun damage to your skin.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>COMMUNITY HEALTH WELLNESS NIGHT</b>	Community Wellness Night that had over 20 vendors coming to promote health and wellness.	Valley Road School, Stanhope  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>KIDS HEART CHALLENGE</b>	PE teacher does each year with the students. This is an American Heart Association Fundraiser.	Sandyston Walpack Consolidated School  Sharon Misyak <a href="mailto:smisyak@sandystonwalpack.org">smisyak@sandystonwalpack.org</a>
<b>KIDS HEALTHY CHALLENGE (JUMP ROPE FOR HEART)</b>	Students at WES and CEL participate in the Challenge each year during P.E. class. To date, WES has raised approximately \$135,000 for the American Heart Association! The district has raised over \$200,000! The program teaches heart healthy physical activities and helps instill the idea of helping others when we have the opportunity.	Clifton E. Lawrence School Wantage School  Delancey Thiele <a href="mailto:dthiele@swregional.org">dthiele@swregional.org</a>  Kayla Gunes <a href="mailto:Kgunes@swregional.org">Kgunes@swregional.org</a>
<b>SECOND STEP PROGRAM</b>	This is offered through the school's Guidance Department to grades 2-6. Occurs once a week for 40 minutes through the school year.	Fredon Township School
<b>MINDFULNESS MINUTES</b>	A mind and body coping mechanism. The owner of The Integrated Mind came and taught students and teachers. This is done for 5-6 minutes every day.	Fredon Township School
<b>QUARTERLY DEN RALLIES</b>	During this time, successes of students and staff alike are highlighted. Held at the end of the day on a quarterly basis. Similar to a prep rally.	Fredon Township School

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>TURKEY TROT</b>	Coordinated by PE Teacher. The entire school either walked or ran for a mile. Some students wore shirts from previous turkey trots.	Helen Morgan Elementary School  Kyla Kelly <a href="mailto:Kyla.kelly@sparta.org">Kyla.kelly@sparta.org</a>
<b>FIT CLUB</b>	They run a fitness club two times a year, once in the fall and once in the spring for six weeks. Limit the club to 3rd and 4th grade students and usually take up to 25-30 students. The club meets twice a week after school for about an hour and a half. During this time, they workout with the children using different types of workouts. They have a variety of equipment like kettlebells, medicine balls, stability balls, weighted bars, and resistance bands. They also do a lot of running and jumping rope to help with their cardio health. They encourage the students to challenge themselves each time they are at a session and to use these exercise routines when the club does not meet. Their goal is to expose students to different workouts to find something they enjoy keeping them healthy.	Byram Lakes Elementary School  Barbara Scholl  <a href="mailto:scholl.barbara@byramschools.org">scholl.barbara@byramschools.org</a>
<b>GIRLS ON THE RUN</b>	Girls on the Run is a positive youth development program for girls in 3rd through 5th grade. It is a program like no other, and profoundly changes the lives of the young girls in the program! Through interactive activities, the program focuses on building self-esteem and improving emotional and physical health. Girls will have fun, make friends, increase their physical activity levels, and learn important life skills. Within the program, there are twenty interactive lessons led by caring and trained Girls on the Run Coaches. This includes both teachers and parents within the district. During each season, their team works together to create and execute a community service project for members of their community. This helps the girls to learn the importance of helping others and the positive impact they can have on others' lives. The goal of GOTR is to complete the Girls on the Run 5k every Spring that is put together by the Girls on the Run North Jersey Organization. This is a wonderful event that brings all different Girls on the Run groups together! Along with this, we can celebrate their accomplishments throughout the season with an end of season celebration. School districts can choose to be in the fall program or spring program or both. This district only participates in the spring program.	Byram Lakes Elementary School  <a href="https://www.girlsontherun.org/connect-locally/">https://www.girlsontherun.org/connect-locally/</a>  <a href="mailto:info@girlsontherun.org">info@girlsontherun.org</a>
<b>ASK THE EXPERT: ELEMENTARY SCHOOL PREK- GRADE 5</b>	Book a medical expert or healthcare professional to enhance your curriculum and present on a topic of your choice, followed by a Q&A answer session for students. Topics include laboratory medicine, radiology, emergency medicine, infection prevention, nutrition, and more.	Saint Clare's Health School Programs  <a href="mailto:SCNJOutreach@primehealthcare.com">SCNJOutreach@primehealthcare.com</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>WALKING WEDNESDAYS</b>	Teachers can dress down and wear sneakers on Wednesdays. The teachers take their students for a walk sometime during the school day where it fits into their schedule. They will walk around the school building as a class. This encourages the teachers not only to exercise but also allows them to engage with their students in a physical activity. Teachers will routinely take their students out for extra recess on the playground with them just standing and supervising.	Helen Morgan Elementary School
<b>TEDDY BEAR EMERGENCY ROOM (ER): ELEMENTARY SCHOOL PREK- GRADE 5</b>	Book a fun interactive learning experience for your students! The Emergency Medical Services (EMS) team familiarizes children with the sights, sounds and "helpers" they may encounter in an emergency. Students are invited to bring their favorite teddy bear or stuffed animal from home. The paramedics and EMT's patch up teddy bear boo boos and give a behind-the-scenes tour of one of the ambulances. Students will head home with honorary EMS patches, educational coloring books, and more!	Newton Medical Center  Beatrice Thibodeau
<b>BOOK THE EXPERT: MIDDLE SCHOOL GRADES 6-8</b>	Book a medical expert or healthcare professional to enhance your curriculum and present on a topic of your choice. Topics include laboratory medicine, radiology, emergency medicine, infection prevention, nutrition, surgery, and so much more!	Newton Medical Center  Beatrice Thibodeau
<b>SYSTEMS OF THE BODY: ELEMENTARY SCHOOL PREK- GRADE 5</b>	Book an on-site tour at one of the hospitals or healthcare facilities. Students will hear from the CEO and healthcare experts about the body's skeletal, immune, digestive, circulatory, muscular, and nervous systems. They will leave with an understanding of the importance of keeping each system of the body in full working order, whether it means consuming calcium to strengthen bones or washing hands to help fight germs. The learning session is followed by an interactive tour through the emergency department, laboratory medicine, and food and nutrition department. Students will head home with a backpack of educational resources and age-appropriate giveaways.	Newton Medical Center  Beatrice Thibodeau



PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>HEALTHCARE PROFESSIONALS CAMP: MIDDLE SCHOOL GRADES 6-8</b>	<p>Are your students interested in the field of healthcare? Invite them to learn more about this hands-on experience. Healthcare Professionals Camp is a one-week program hosted at Denville Hospital and Dover Hospital every summer in July. This is offered to students ages 13-16. They will learn first aid, basic life support, emergency management, stress management, and how to deal with bullying, plus have the opportunity to shadow experts in the field of nursing, medicine, respiratory medicine, emergency services, rehabilitation and sports medicine, radiology, counseling, and nutrition. Students will also visit the operating room, hyperbaric chamber, and get a behind-the-scenes tour of the new state-of-the-art ambulance fleet.</p>	<p>Newton Medical Center Beatrice Thibodeau</p>
<b>CONCUSSION CONFERENCE: MIDDLE SCHOOL GRADE 6-8</b>	<p>Host a Concussion Conference at your school for coaches, athletes, and parents to raise awareness on how to spot symptoms, the latest treatment options, and more. The experts with the Center for Rehabilitation and Sports Medicine can talk about how to help young athletes safely return to play in the event of a concussion and demonstrate some of the screening measures with athletes in the audience. Fun fact: September is National Traumatic Brain Injury month, making the topic timely as sports and school season swings into gear.</p>	<p>Wantage School Harriet Anderson <a href="mailto:handerson@swregional.org">handerson@swregional.org</a></p>
<b>WHEEL OF FITNESS</b>	<p>Two Fifth grade teachers have a Wheel of Fitness in their classrooms. Daily students spin the wheel to determine what exercise they will do in the hallways from class to class during the day.</p>	<p>Wantage School Jen McCarthy <a href="mailto:jmccarthy@swregional.org">jmccarthy@swregional.org</a></p>
<b>INTEGRATING NUTRITION IN SUBJECTS</b>	<p>Staff members are infusing nutrition into the curricula. For example: Music teachers incorporate songs into winter and spring concerts and yearly musicals that students perform for the public. The Art and Spanish teachers create projects with students, regarding healthy foods. Also, nutrition is being integrated into math, science, social studies, and other subjects! Trying to bombard students with nutrition education, to get them to stop and think about what they put into their mouths. Nonfood incentives are encouraged, and only healthy foods wanted for parties, a work in process. Working on updating the Wellness Policy in the district. Also, requesting healthier options in the cafeteria.</p>	<p>Wantage School Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a></p>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>FOOD OF THE MONTH PROGRAM</b>	We partner with ShopRite in Franklin. They donate unusual fruits and veggies for our students to taste monthly. This program encourages students to try foods that they normally would not taste at home, to expand their palates! An informational handout is sent home with students that informs parents that their child tried a new food and the nutritional value, and a recipe is provided to try at home. Our PTO is involved with washing and preparing the food for students to taste. Truly a community program! See forms attached!	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>SNACK ATTACK RECIPE BOOKLET</b>	Two healthy recipe snacks were collected from each classroom to produce a Snack Attack Recipe Booklet for students and families in the district! This has become a fifth grade, student-driven project by Mr. Allen Terwilliger's class.	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>ELECTION DAY ACTIVITY</b>	Teacher, Rebecca Schnetzer organizes the "Fruity Election Day". The student body and staff voted on their favorite fruit! Her class is divided up into five different groups: each group campaigned for their favorite fruit and developed campaign speeches to encourage students and staff to vote for their candidate: pineapple, strawberry, apple, grape and orange. They visited all classrooms and campaigned for their fruit. Pineapple won the election!!!	Wantage School  Becky Schnetzer
<b>BACKPACK PROGRAM</b>	We partner with NORWESCAP to provide Backpacks of food to our food insecure students every Friday throughout the year, so they have breakfast and lunch on weekends.	Clifton E. Lawrence School and Wantage Schools  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>HALLOWEEN CELEBRATION</b>	3rd grade teachers celebrate Halloween with their students hiking at High Point State Park instead of food parties!! An example of non-food incentives.	Wantage School  Melissa Obraka <a href="mailto:mobroka@swregional.org">mobroka@swregional.org</a>
<b>RACE TO GOOD NUTRITION</b>	A school wide program! Need multiple partners, a lot of fun and is highly informative. A six-week strategy!	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>CONTACT INFORMATION</b>
<b>WELLNESS WEEK (HELD IN MAY)</b>	Teachers will incorporate the theme for the day in a lesson plan. Participation is to be fun and voluntary. Teachers will encourage students to take a virtual field trip or participate in "field days" activities. Each day suggest a few activities, students can choose from.	Sussex Wantage School District  Kayla Gunes <a href="mailto:kgunes@swregional.org">kgunes@swregional.org</a>
<b>QUARANTINE CHALLENGE</b>	Month-long home health challenge for the month of April. Each day had a daily health goal. Once you achieved the goal, the staff would text me and they were entered into a raffle. Four tickets were picked at the end of the challenge to win a \$25 gift card. I had over 400 entries into this month-long challenge during the quarantine as well as a lot of positive feedback.	Valley Road School, Stanhope  Jessica Frank <a href="mailto:jfrank@stanhopeschools.org">jfrank@stanhopeschools.org</a>
<b>FOOD RESCUE PROGRAM</b>	Partnering with Project Self-Sufficiency: Students are assigned to a certain task to rescue food that is unopened and uneaten from each lunch period. A bin is provided to place bagged carrots, uneaten bananas, fruit, veggies, and other foods, so they are collected and sent to the Sussex Help Center. These foods will be used to feed our local families in need.	Wantage School  <a href="mailto:pgray@swregional.org">pgray@swregional.org</a>
<b>FOODPLAY ASSEMBLY</b>	Titled "To Be Fit" for all grades was a huge hit!! Recommend this program to all county schools. It was interactive and the students learned so much from it! Promoted good nutrition and physical activity. Foodplay.com Our PTO paid for this informative program!	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>
<b>"HEALTHY WEIGHT AND YOUR CHILD PROGRAM"</b>	This great program was held at Wantage School last spring (2019) - provided by the YMCA - 25 sessions. The sessions were 2 hours long twice a week that included parent and child. Addressed good nutrition and physical activity.	YMCA  Alma Dhuyvetter
<b>HEALTH &amp; WELLNESS EXPO (FUN FIT FAIR) FOR 5TH GRADES</b>	We tap into community resources and bring them into the school setting, where students learn about a variety of health topics. It is a hand-on health fair, with 7-8 presenters from various health related fields. Fall presenters were: Wantage First Aid Squad addressing first aid techniques, Mr. Scott Rogoff, Respiratory Therapist and student from Sparta speaking about vaping/tobacco usage, Colesville Fire Dept., having students plan/perform EDITH drills at home, ShopRite Dietitians, nutritional value of apples and tasting a new kind, physical activity stations in gym, Newton Medical Center, how to deal with stress and Sussex Bike Shop, helmet/bike safety. Spring presenters: Sheriff Dept. addressing seat belt safety, Mrs. Marjorie Leek, leading yoga moves, Trooper David Fritch from Iron Temple, hand-on cross training stations, Mr. Scott Rogoff, Asthma, ShopRite Dietitians, nutrition segment, Mrs. Carol Speck, electrical safety, YMCA, water safety. Delaware Water Gap - trails and	Wantage School  Deb Fisher <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a>

	ecology lecture. Mrs. Leek, yoga moves. Sheriff Dept., seat belt safety and Stokes Stare Forest, bear safety.	
<b>WORKOUT WEDNESDAYS AT WES</b>	Students and staff get an extra 15 minutes in the AM and PM to exercise or have some type of structured activity, beyond recess and PE.	Wantage School  Melissa Obraka mobraka@swregional.org

## Social and Emotional Learning

PROGRAM	DESCRIPTION	CONTACT INFORMATION
<b>MINDFULNESS</b>	There have been Mindfulness classes by our Social Worker, Julia Tremont: Mindfulness is paying attention on purpose to the present moment, with kindness and curiosity. Simply put, it is awareness. Mindful practices encourage children to pay close attention to their internal experiences of thoughts and feelings, and the external environment around them. This type of focused attention can improve a child's ability to focus, self-regulate their emotions and be more empathetic towards others. At the Wantage School, mindful practices are taught in counseling groups. We have noticed positive results from students as they learn to include mindfulness practices throughout their day. Some examples of mindfulness lessons are, Mindful Listening, Mindful Breathing, Mindfulness of Thoughts, Mindfulness of Emotions, and Mindful Eating. Mindful Eating is always well received and gives the students an opportunity to bring their focused attention to the experience of eating. Being aware of where their food comes from. Using their five senses to enjoy the food, slowing down the physical act of eating, and noticing the emotions present when eating.	Wantage School
<b>DAILY AM MINDFULNESS</b>	Each morning at WES meditation and mindfulness techniques are taught by Ms. Kohler, Counselor before the day begins	Wantage School
<b>CLIFTON E. LAWRENCE SCHOOL</b>	Houses preschool to grade 2, has initiated Mindful Mondays - the day begins with a message in mindfulness and the practice continues throughout the day with yoga and mindfulness activities to improve health and well-being. Students and staff members in each classroom engage in Go Noddle videos for brain breaks and physical movement to enhance learning and exercise daily. Last year, school staff participated in a "self-care challenge" program to improve all aspects of a healthy lifestyle. It was a huge success!	
<b>AN INITIAL GUIDE TO LEVERAGING THE POWER OF SOCIAL AND EMOTIONAL LEARNING</b>	This guidance document from CASEL provides a framework with actionable recommendations to help schools leaders plan for the SEL needs of both students and adults as they plan to reopen.	

<p><b>PLAN AHEAD TO SUPPORT THE TRANSITION BACK OF STUDENTS, FAMILIES AND STAFF</b></p>	<p>From the Center for Mental Health in Schools at UCLA, this document outlines several areas that school stakeholders should consider helping students, families, and staff transition back to school.</p>	
<p><b>COVID-19 RECOVERY PRESENTS AN OPPORTUNITY TO FILL CRITICAL GAPS IN KNOWLEDGE ABOUT EQUIPPING SCHOOLS TO ADDRESS TRAUMA</b></p>	<p>As schools plan for reopening, decision makers should be prepared to focus on ways to effectively address trauma in both students and staff, as well as academics and social distancing.</p>	
<p><b>RETURN TO SCHOOL ROADMAP</b></p>	<p>The Return to School Roadmap is informed ty best practices in public health and education emergency operations. It details essential actions that can help district and school leaders to plan for a safe return to school for students and staff.</p>	
<p><b>ALLIANCE FOR A HEALTHIER GENERATION</b></p>	<p>Every child deserves a healthy future. For more than a decade, healthier Generation has worked with schools, youth-serving organizations, businesses, and communities to empower kids to develop lifelong healthy habits by ensuring the environments that surround them provide and promote good health. Driven by our passion that all young people deserve a chance to live healthier lives, our work has impacted up to 28 million kids across the country.</p>	<p><a href="https://www.healthiergeneration.org/">https://www.healthiergeneration.org/</a></p>

<b>ACTIVE SCHOOLS</b>	Kids need physical activity for full, healthy, productive lives. But there is a nationwide crisis of inactivity. There is only one way to fix that: parents, teachers, administrators, and the community coming together to act. Together, we can increase physical education and physical activity in schools, fund programs and equipment, and promote active learning environments.	<a href="https://www.activeschoolsus.org/">https://www.activeschoolsus.org/</a>
<b>ATLANTIC HEALTHY SCHOOLS</b>	The Atlantic Healthy Schools initiative supports schools, parents, students, teachers, and other professionals to further develop and sustain school health promotion education and practices. Our network approach enables easier communication between schools and Atlantic Health System departments and enables schools to plan for and utilize different educational and programmatic resources that the health system has to offer. Membership is FREE for schools.	<a href="https://www.atlantichealth.org/content/dam/atlantichealth/Public/Documents/AtlanticHealthySchoolsMembershipForm.pdf">https://www.atlantichealth.org/content/dam/atlantichealth/Public/Documents/AtlanticHealthySchoolsMembershipForm.pdf</a>
<b>USDA TEAM NUTRITION</b>	Team Nutrition print materials are available only to schools and childcare centers that participate in the Federal Child Nutrition Programs. All others are welcome to download our materials from our Website at teamnutrition.usda.gov. If you cannot find an item on this order form, it is temporarily out of stock. Please check back often for its availability. To inquire about bulk orders please send an email to teamnutrition@usda.gov	<a href="https://pueblo.gpo.gov/TN/TNPubs.php">https://pueblo.gpo.gov/TN/TNPubs.php</a>
<b>CHOOSE MYPLATE</b>	<p>MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:</p> <ul style="list-style-type: none"> <li>• Focus on variety, amount, and nutrition</li> <li>• Choose foods and beverages with less saturated fat, sodium, and added sugars</li> <li>• Start with small changes to build healthier eating styles</li> <li>• Support healthy eating for everyone</li> </ul> <p>Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. For a colorful visual of MyPlate and the 5 food groups, download What's MyPlate All About?</p>	<a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>

<b>ACTION FOR HEALTHY KIDS</b>	All kids deserve to be healthy, active, and ready to learn. We work to create healthier home and school environments where every child has access to safe places to play, nutritious food to eat, and healthy experiences to help them thrive.	<a href="https://www.actionforhealthykids.org/">https://www.actionforhealthykids.org/</a>
<b>MARATHON KIDS</b>	Through running, Marathon Kids has transformed the lives of more than 2.5 million kids. We believe that every kid deserves to live a happy, healthy, active life and that any adult can become an inspiring coach.	<a href="https://marathonkids.org/">https://marathonkids.org/</a>
<b>TURNAROUND FOR CHILDREN</b>	Turnaround for Children translates neuroscientific research into tools and strategies for schools serving students impacted by adversity, to accelerate healthy development and academic achievement.	<a href="https://marathonkids.org/">https://marathonkids.org/</a>
<b>NEW JERSEY HEALTHY KIDS INITIATIVE</b>	The New Jersey Healthy Kids Initiative is finding new and innovative ways to engage with their partner schools and the community. IFNH Nutrition Ambassadors have developed a series of NJHKI Culinary Literacy videos and IFNH's Center for Nutrition, Exercise and Metabolism also offered their support to bring healthy habits into student's homes via physical literacy.	<a href="https://njhki.rutgers.edu/virtual-learning-resources/">https://njhki.rutgers.edu/virtual-learning-resources/</a>
<b>MOVE IN MAY</b>	The President's Council on Fitness, Sports and Nutrition encourages all Americans to #MoveInMay.	<a href="https://www.hhs.gov/blog/2017/05/08/move-in-may-2017-np fsm.html">https://www.hhs.gov/blog/2017/05/08/move-in-may-2017-np fsm.html</a>
<b>The Full Value Schools</b>	Example of a SEL program/book by Dr. Richard Maizell, former CST Director for SWRSD.	
	<a href="http://fullvaluecommunities.org/product/the-full-value-school/">http://fullvaluecommunities.org/product/the-full-value-school/</a>	
	<a href="http://fullvaluecommunities.org/TheFullValueSchool.pdf">http://fullvaluecommunities.org/TheFullValueSchool.pdf</a>	
	ACEs Part 1: Understanding Adverse Childhood Experiences Workshop	Gabriel A. Tanglao, Associate Director



<b>2 Part Workshop offered by NJEA/SCEA last fall 2019 SWRSD staff majority of participants</b>	ACEs Part 2: Becoming Self-Healing Community Workshop	PROFESSIONAL DEVELOPMENT AND INSTRUCTIONAL ISSUES 180 W. State Street Trenton, NJ 08607-1211 p: 609-310-4254, f: 609-599-1201
	<a href="https://www.scea-njea.org/?s=aces">https://www.scea-njea.org/?s=aces</a>	
<b>NJEA or SCEA</b>	As more schools consider restorative practice in areas of discipline, Restorative Circles, a core component of the restorative justice process, enter the conversation. A Restorative Circle sometimes called a Peacemaking Circle, uses a structural framework to build relationships and to address conflict within a community. But Restorative Circles serve other purposes as well:	Gabriel A. Tanglao, Associate Director PROFESSIONAL DEVELOPMENT AND INSTRUCTIONAL ISSUES 180 W. State Street Trenton, NJ 08607-1211
<b>Restorative Circles</b>	They create safe spaces, build connections, and offer teachers a unique formative assessment.	p: 609-310-4254, f: 609-599-1201
<b>Workshop</b>	Our sessions will be focused on collective wellness.	
	Article - Mindfulness is not a class period, it is a lifestyle, By Jennifer Caputo April 2020	
<b>NJEA Review Mag.</b>	<a href="https://www.njea.org/mindfulness-is-not-a-class-period-its-a-lifestyle">https://www.njea.org/mindfulness-is-not-a-class-period-its-a-lifestyle</a>	
<b>School Health NJ Virtual Summit</b>		

<p><b>The Deepest Well</b>  Healing the LONG-TERM EFFECT of CHILDHOOD ADVERSITY  by Nadine Burke Harris, M.D.  Pediatrician  Surgeon General of CA</p>	<p>The stunning news of Burke Harris' research is just how deeply our bodies can be imprinted by ACEs - adverse childhood experiences like abuse, neglect.</p>	
<p><b>NJ Traumatic Loss Coalition (TLC)</b></p>	<p>Rutgers TLC</p>	
<p><b>Child Mind Institute</b></p>		
<p><b>CDC</b></p>		
<p><b>National Association of School Psychologists</b></p>		<p>nasponline.org</p>
<p><b>Collaboration with Websites that Promote Nutrition, Physical Activities and Social/Emotional Health</b></p>	<p>Wantage School (any school can do this) partnered with website Alliance for a Healthier Generation to be a champion school! They have multiple strategies that you can choose from and must complete them to become a champion for your students/community! It is easy to sign up to be a hero for your students. Highly recommended for each school to do! Other websites are: Action for Healthy Schools, USDA - Team Nutrition &amp; MyPlate and Active Schools.</p>	<p>Wantage School    Deb Fisher  <a href="mailto:debfish1989@gmail.com">debfish1989@gmail.com</a></p>