

Piper Goes for the Gold

*Piper School has made a commitment to achieve Gold Medal status under the US Healthier Schools national challenge to increase the physical fitness of students and staff. This process recognizes those schools who have taken the important steps to insure students have a healthy diet and the proper amount of physical activity to lead a long and productive life. Many of the requirements for this recognition have already been in place at Piper the past few years. We have formed a Piper Wellness committee under the direction of **Ms. Katie Comella**. With the help of the whole staff we have created a Piper Wellness Policy. This policy sets guidelines for food eaten at Piper and increases the amount of physical activity for our students each day.*

Please see the Piper Wellness Policy below. We thank you in advance for your support of our attempts to reverse trends in the United States toward childhood obesity and to form good habits in our children for a lifetime of exercise and fitness.

Piper School Wellness Policy

Mission Statement

Piper School will be healthy through good nutritional practices both in school and at home. We will strive to be physically fit in mind and body, so that we can reach our full potential in life.

Nutrition

1. Students will be encouraged to eat a healthy breakfast either at home or at school every day.
2. Piper School will teach students good eating habits and the nutritional value of foods.
3. Piper School will not permit snacks for birthdays, holidays, parties, etc.
4. Piper School will not permit any food to be shared from outside sources during the school day for nutritional and medical reasons.
5. Students will be encouraged to try a wide variety of healthy snacks provided by our food service.
6. Our food service will only provide foods that meet federal guidelines for student health.
7. Food will not be used as a reward.
8. PTA will seek ways to support our fitness goals.

Physical Fitness

School

1. P.E. teachers will motivate students to be physically active to achieve wellness goals.

2. Teachers will educate students about ways to improve their physical fitness both at school and at home.
3. Students will complete three laps around the blacktop before beginning recess activities to provide an opportunity for healthy movement.

Home

1. Piper will provide students and families with a monthly fitness calendar to inspire a healthy lifestyle at home.
2. Families will be encouraged to, at least once each week, enjoy time to be physically actively together.
3. Piper Fitness Night will educate and motivate families to adopt healthier habits at home