HF-L's Wellness Goals

Nutrition Education

- Offer nutrition education at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promote fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.
- Plan and implement a variety of activities to celebrate nutrition month.
- Send nutrition messages throughout the schools that are consistent and reinforce each other.
- Provide regular professional development to enable the food service staff to stay up to date with nutrition and health issues and opportunities to positively impact school nutritional offerings.

Physical Activity

- A certified physical education teacher will teach all physical education classes.
- Educate students so that at the commencement level, they have obtained the skills and confidence necessary to be life long participants in physical activity.
- Support after school intramural activities for K-12. These activities could include clubs and outside agencies that provide physical activity opportunities for students.
- Support interscholastic sports for grades 7-12 to provide additional opportunities for physical activity.

Nutritional Guidelines

- Assess and monitor the nutritional value of food and beverages offered on school grounds. Make recommendations for the improvement of offerings.
- Food and beverages sold or served on school grounds or at school events during the normal school day should strive to be as nutritious as possible. The Director of Food Services will serve as a resource for meeting this goal.
- Whenever possible, healthy foods should be used in instructional programs and for classroom celebrations instead of using less healthy options. Food should not be withheld as a punishment.
- School administration will monitor fundraising activities to ensure that they are not in direct conflict with sound nutrition practices. Fundraising activities should include a balance of both food and non-food items.

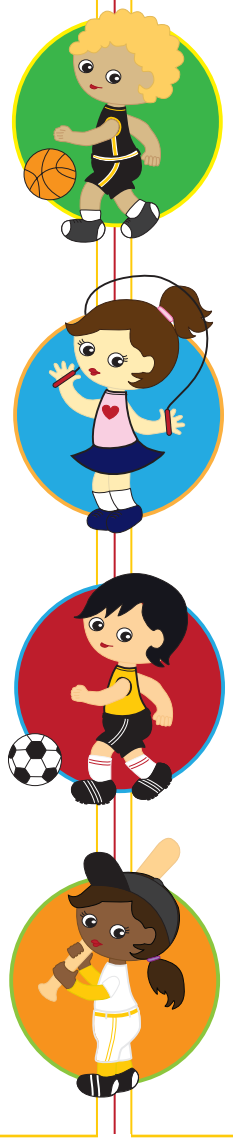
Goals for Other School Based Activities Designed to Promote Wellness

- Encourage members of the school community to serve as role models in practicing healthy eating habits and regular physical activity, both in school and at home.
- Encourage students to participate in the school meals program, i.e. the National School Lunch Program, including snacks for before, during and after school programs.
- Encourage 100% student participation in recess or other physical activities.

Living Well in HF-L

Family Fun Night

A Honeoye Falls-Lima CSD Wellness Week Activity



Monday, February 8, 2010
6:00 p.m. - 8:30 p.m.
HF-L High School

Living Well in HF-L: Dedication to Wellness

February 8-12 is Wellness Week at the Honeoye Falls-Lima Central School District. The purpose of Wellness Week is to promote the importance of health and well-being in the HF-L community.

This week we will be celebrating "Living Well in HF-L" throughout all of our schools. Each of our buildings will host various activities for staff and students to promote wellness and healthy living.

Tonight, we kick off our celebration of Wellness Week with our fourth annual Family Fun Night. This event promises an evening full of wellness activities and learning opportunities that the entire family can enjoy, as well as healthy snacks and valuable information from various local vendors. **All events, activities and snacks are free.**

A healthy school and a healthy community go hand in hand!

The Honeoye Falls-Lima Central School District thanks you for joining us this evening for a celebration of our dedication to wellness in the HF-L Schools and community.

Family Fun Night Activities

Lobby
- Welcome Area
- Raffle
- Local Vendors and Information Booths

Cafeteria
- Healthy Snacks
- Chiropractor
- Massage
- Local Vendors and Information Booths

A-Gym
- Inflatables for all ages to enjoy—even our High School students!

B-Gym
- *"Jump Rope for Heart"* American Heart Association Fundraiser

Library
- Circus Yoga for Kids and Adults

Board of Education (BOE) Room
- Euchre Games and Tournament

Pool
- Open swim *(by on-site registration only)*

Wellness Center
- All activities open

Outdoor Activities
- Moonlight Skiing and Snowshoeing under the lights of the High School Grounds *(weather permitting)*

Thank you for joining us tonight!

Please take a moment to provide us with your feedback on tonight's event. A survey is available on the District's website:

www.hflcsd.org

Also, a very special thank you to the vendors who participated in our program tonight.

Honeoye Falls-Lima Central School District
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Michelle Kavanaugh, Ed. D.
Superintendent of Schools