



**Did you know.....**

**Riffenburgh is a WELLNESS SCHOOL?**

**What does that mean? That means as a school we:**

- Have PE for an hour a week for all students
- Have 2-3 recess breaks daily
- Have 2 school-wide wellness events per year –Riffenburgh Stampede and Free Family Fun Walk
- Promote physical activity and wellness breaks in our classrooms by providing incentives for teachers and being role models for students
- Exercise daily! Teachers use exercise DVD's and "Kids on the Move" CD's to get their students ready to learn. Teachers also incorporate other types of exercise including yoga or movement breaks that might include 20 jumping jacks and 30-60 seconds of running in place.
- Provide wellness assemblies to broaden students' awareness and knowledge on wellness.
- Encourage parents to send only healthy snacks from home
- Have a well-established and healthy salad and fruit bar every day at lunch
- Offer running club to 4<sup>th</sup>, and 5<sup>th</sup> grade students; 3<sup>rd</sup> grade in the spring
- Have a parent liaison who is working on district nutrition initiatives including Farm to School cafeteria options

**Did you know?**

**Almost all of the snacks served to children should be fruits & veggies!**

**As a parent or guardian, what can you do to help?**

- Send only **healthy** snacks from home for your students
- Send only **healthy**, store bought birthday treats
- Send snacks and treats without high-fructose corn syrup. When purchasing a snack for your child or their classroom, a good rule of thumb is if the ingredient list is really long with words you cannot pronounce, it might not be the best choice.
- Encourage **healthy** eating at home
- Provide time for you and your family to be outside and active
- Cut video and T.V. time – kids should have **no more than 2 hours** of screen time each day.

Kids need 60 minutes of physical activity **every** day!

District Wellness web page-- <http://www.psd.k12.co.us/node/4466>

