



PLEDGE THE PRACTICE!

PASS THE POLICY!

STAFF WELLNESS GUIDELINES

Sequoia Elementary School
Oakland Unified School District

ADAPTED FROM:

MCCLURE NELSON & ASSOCIATES: WELLNESS CULTURE TOOLKIT

BOSTON PUBLIC HEALTH COMMISSION: HEALTHY BEVERAGE TOOLKIT

“PLEDGE THE PRACTICE! PASS THE POLICY” AND THIS TOOLKIT FUNDED BY A GENEROUS GRANT FROM KAISER PERMANENTE.



in the community

PREPARED BY:

THE BANPAC LEADERSHIP COUNCIL

(BAY AREA NUTRITION AND PHYSICAL ACTIVITY COLLABORATIVE)

LISA CRAYPO, AD LUCEM CONSULTING

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*Santa Clara County Public Health Department is the lead agency for BANPAC,
the Bay Area Nutrition and Physical Activity Collaborative.*



Great Things Start with Good Health



**MCCLURE NELSON
& ASSOCIATES**
CREATING A CULTURE OF WELLNESS





Sequoia Elementary Staff Wellness Policy

Healthy Beverages Guidelines:

Position Statement:

Sequoia Elementary School Employees strive to promote health and wellness by being a role model for promoting healthy beverages.

As an organization that employs staff, has volunteers, serves children and families, and hosts community events, we are committed to promoting health and wellness by providing healthy beverage choices.

Therefore **Sequoia** Elementary School will:

Provide access to free, safe drinking water

Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.

Comply with Beverage Guidelines

All beverages served (e.g., meetings) and sold (e.g., vending machines and fundraisers) at Mt. Howell Elementary School, will strive to increase the availability of healthy beverage options by promoting the following:

- Water with no added sweeteners;
- Unflavored nondairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
- 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
- Coffee and tea with no added sweeteners; (cream and sugar are condiments and do not apply)
- Diet beverages with non-caloric sweeteners.

Ensure that **Sequoia** Elementary School employees do not consume sugar sweetened beverages in front of students.



Sequoia Elementary Staff Wellness Policy Implementation Plan 2014

- **Sequoia** Elementary School has agreed to implement the attached Staff Wellness Guidelines beginning November 1, 2014. To implement these guidelines, **Sequoia** will:
 - Review Wellness Guidelines with staff at hire and include in Operations Manual.
 - Review Guidelines at least annually at a staff meeting.
 - Post the Wellness Guidelines in the Staff Newsletter.
 - Post the Wellness Guidelines in The Family Newsletter to let parents know that staff and teachers are working to be healthy role-models for their children.
 - Include the Wellness Policy in the Parent handbook Staff handbook.
 - Provide appealing containers of water at all staff meetings.
 - Post signs saying “Healthy Beverage Environment to Support Community Health.”
- **Sequoia** Elementary Staff Wellness Champion, Elena Njemanze, has joined the Bay Area Nutrition and Physical Activity Collaborative at www.BANPAC.org
- Elena Njemanze has completed the pre survey at <https://www.surveymonkey.com/s/RNJNIQ86>, and will complete the post survey at <https://www.surveymonkey.com/s/FXKQXNL> by December 15, 2014

Principal and Staff Wellness Champion

Date

MNA/BANPAC Representative

Date