

STUDENT WELLNESS

In adherence to Rule 0520-1-6 of the State Board of Education, the Claiborne County Board of Education has adopted wellness standards which took effect in 2006-07. The entire Wellness Policy may be reviewed in the school office, or by calling the Board of Education and asking for a copy. This policy will drastically change what can be offered for daily snacks and refreshments for parties. We will continue to offer snack items for sale, but all items will meet the new nutritional guidelines. You may send snack items from home, but we would like to request that you follow the same guidelines as those required at school.

In summary, beverages that can be served are:

- Fluid milk that is flavored or unflavored - reduced fat, low fat or non-fat
- 100% fruit and vegetable juices
- Water that is non-flavored, non-sweetened, and non-carbonated
- Low calorie beverages (includes flavored, sweetened, and non-caffeinated water) that are flavored, and non-carbonated, containing no additional caloric sweeteners and no more than 15 calories per serving - no beverage serving can exceed 8 oz except for plain water.

Food Guidelines:

- Maximum calories from fat: 35%
- Maximum calories from saturated fat: 10%
- Maximum sugar by weight: 35% (exceptions--fresh, dried, frozen fruits)
- Maximum sodium: 230 mg per serving

Birthday parties will not be allowed, since the new policy allows no more than one party a month and no more than one refreshment item that does not meet the above standards. We will have parties for the entire school for Halloween, Christmas, and Valentine's Day. Parents are welcome to attend these parties, but we will ask room mothers to coordinate the refreshments.