Nursing Fun & Games

**TZone**
Don't touch the TZone!!
Eyes, Nose and Mouth...

**Just For Kids**
Welcome to the "Just For Kids" section of Head Lice.org.
Fun activities and information designed by kids for kids.

**Kids Health**
Fun interactive activities for kids to get information on their body and health.
Great site for parents too!!

**My Pyramid**
US Food Pyramid Recommendations.
US Department of Agriculture site with information on healthy eating.

**National Institute of Environmental Health Sciences**
(NIEHS) Kids' page.
Color on-line with magic crayons or print your own coloring book to fill in later. This fun and interactive site is full of creative and informative activities for kids.

Nursing Information

**National Association of School Nurses**
represents school nurses, and is dedicated to improving the health and educational success of children.

**The School Nurse**
represents the online presence of School Health Alert a printed newsletter published monthly keeping school nurses and other interested health professionals up-to-date on the latest developments in student health services, health education and safe school environment.

**The American Red Cross**
is the nation's premier emergency response organization. It promotes mutual understanding, friendship, cooperation and lasting peace among all peoples.

Wellness Policy
Cafeteria
A la carte items within portion size guidelines, whole grain items available, no foods from deep fat frier, juices not to exceed 12 oz., fresh fruits and vegetables offered, foods with increased fiber available.

Vending - food, snacks
Diet colas only, sports drinks no more than 15 grams sugar, flavored and unflavored water any size 100% juice not to exceed 12 oz.

Fundraiser's
Items sold during school will be single serving sizes, not items of minimal or no nutritional values, not fried, not contain sugar as 1st ingredient, minimal to no trans fatty acid.

Rewards
Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

School Stores - Food
Single serving sizes, minimum of 1 fresh fruit and vegetable offered daily, variety of items with >2 grams fiber, no deep fat fried items, no foods of minimal or no nutritional value (gum, licorice, life savers, etc) In addition, the majority of items offered will not be fried, not contain added sugar as the 1st ingredient, provide minimal to no trans fatty acids.

School Stores - Beverage
Water, unflavored any size, 100% fruit juice not to exceed 12 oz.

Faculty
Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the policy.

2nd and 3rd years
Attention to caloric content per serving (200), increase in whole grains, fruits and vegetables, and attention to percent of fat, saturated fat, trans fat, and sugar in items offered. Increase of items with higher fiber. Parents are encouraged to comply with nutrition standards with foods from home. Classroom party foods more restrictive in 3rd year. Fundraiser food items sold outside of school to support healthy eating.