

HANOVER PUBLIC SCHOOLS

WELLNESS COMMITTEE

6/11/14

Co-Chairs

Beverly Shea
Director of Pupil
Services

Patricia Smith
Coordinator of Health
Services

Building Representatives

Elizabeth Downs
Carol Krall
Shelly Ireland
Sue Egan

Cedar Elementary
Center/Sylvester
Hanover Middle School
Hanover High School

District-wide Directors

Lynn Petrowski
Kelly Lawrence

Food Services Director
Director-Office of Family
Engagement

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**Articles and resources pertaining to Body Mass Index (BMI)
and other Health/Wellness related topics are also included.**

WELLNESS POLICY

The School Committee acknowledges that good health depends upon continuous lifelong attention to scientific advances and the acquisition of new knowledge. The Committee recognizes that the following are essential to promote student wellness and the development of good lifelong health habits:

- Nutrition education
- Physical activity
- Activities that promote student wellness
- Nutrition guidelines that will promote student health and reduce childhood obesity for foods offered during the school day
- Adherence to the guidelines for reimbursable school meals
- Monitoring of the above by the appropriate school personnel
- Continuation of a Health Advisory Council

The School Committee will continue to support, within its fiscal ability, personnel, curriculum, materials and resources necessary for a high quality wellness program.

LEGAL REF: Public Law 108-265 section 204
M.G.L.71:1

Wellness Committee Update

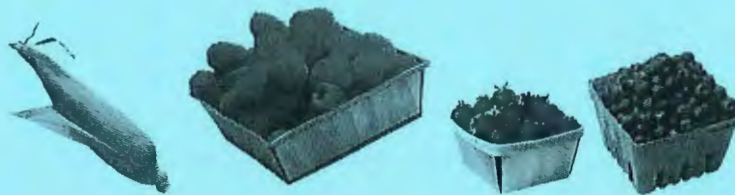
5/1/14

Submitted by Wellness Committee Co-Chairs Beverly Shea and Patricia Smith

Goals and Outcomes

1. The primary goal of the 2013/14 Wellness Committee was to form a cohesive group of consistent participants representing each building in the district. We have identified a Wellness Representative from each of the 4 schools. Participation has been outstanding throughout the year, with various members of our school community joining us on a regular basis, including teachers, nurses, school psychologists and others. We have had some parent participation, and will be looking for ways to include students at some level as well.
2. We began by reviewing the contents of our current Wellness Policy, with an eye toward determining if in its current form, it truly represents the scope of the work we identify as essential to our mission. We discovered that while the Wellness Policy is very student focused in terms of Nutrition Education, Physical Activity, and adhering to Nutritional Guidelines, it does not specifically address topics related to Mental Health, nor does it include any reference to staff, parent or family wellness.
3. We set out to identify the needs of our school community with respect to Wellness. Our Food Services Director shared information regarding the many initiatives of her department, all of which have great potential to improve the health and well being of our student population at each level. In terms of unmet needs, we were all struck by the overwhelming feedback from members of our committee regarding the pervasive levels of anxiety our students are experiencing at each grade level, with differing stressors. It became clear that this area would be a major focus of our work together this year and into the future.
4. In an effort to gain a full understanding of the Wellness initiatives and activities currently taking place within our school community, we asked each building representative to review their building-based initiatives with our committee. There is quite a bit of great work going on in the district. We hope to learn from one another, and expand upon best practices already in place, in addition to establishing new practices. In this regard, members of the committee have presented ideas pertaining to specific programs and initiatives that we might consider including in the future.

In summary, we are in the process of formulating a Wellness vision for the district, which will continue to include a strong emphasis on student wellness with respect to nutrition, physical activity and overall physical health and well being. Our hope is to expand the scope of our work to include a focus on mental health, and in addition, to include staff, parent and family wellness as part of our overarching mission.



HANOVER PUBLIC SCHOOLS
 Wellness Committee
AGENDA
 12/9/13

Facilitators: Beverly Shea, Director of Pupil Personnel Services
 Patricia Smith, Coordinator of Health Services

- I. Introductions
- II. Review of Wellness Policy
- III. Overview of previous Wellness Committee initiatives
- IV. Update on current building based and district-wide Wellness initiatives
- V. Discuss short and long term goals for the committee
 - a. District-wide initiatives
 - b. Building based initiatives
 - c. Connections to the larger Hanover community-town wellness group, parent community, effective use of website etc.
- VI. Set schedule for 3 remaining Wellness Committee Meetings
- VII. Other

Attendance:

Name	Role	School
1. Elizabeth Downs	2nd grade	Cedar Elementary
2. Deborah Gyle	School Psych	HMS
3. Bev Shea	PPS DR.	APMN
4. Carol Hall	Center School	Kn
5. Kelly Raimore	Director	Calmond
6. Linda Price	School Psychologist	Center/Sylvester
7. Shelly Ireland	Wellness Teacher	HMS
8. Lynn Petronik	Food Service Director	district
9. Patricia Smith	H.S. Counsel.	district

HANOVER PUBLIC SCHOOLS

Wellness Committee

AGENDA

3/24/14

Facilitators: Beverly Shea, Director of Pupil Personnel Services
Patricia Smith, Coordinator of Health Services

- I. Introduction of another **Relaxation Technique**
- II. Overview of current **building based Wellness Initiatives** in preparation for a school committee presentation.
- III. **Prioritize goals for the Wellness Committee**-break up into small groups and report back to the larger group, again, in preparation for a presentation to the school committee.

The Wellness Policy includes the following areas of focus; **Nutrition Education, Physical activity, Activities that promote student wellness, Nutrition guidelines and the continuation of a Health Advisory Council.**

What it does not include is any reference to wellness in the area of **mental health**, nor does it include a focus on **staff, parent or family wellness, or any connection to the community at large.**

- IV. Other



BUILDING-BASED WELLNESS ACTIVITIES, INITIATIVES & CURRICULM

CEDAR ELEMENTARY SCHOOL

Dental visits to first grade classrooms

Capilli Fitness met with each class for special fitness and flexibility instruction (arranged by 4th grade teacher Cindy Ferguson and funded by the HPTA

Blackout Bullying Day with a goal of everyone being supportive, respectful and caring toward others

Wear Red Day-prominent posting of heart issues pertaining to women/distribution of red dress pins to all staff/healthy smacks provided

Faculty Boot Camp with Capilli Fitness after school in April

Walking in May program

TV/Screen turn off challenge for a week

CENTER/SYLVESTER

Kindergarten students visit with firefighters at the local fire station

First and second graders jump rope for the Heart Association

Dental visits to grades 1 and 2

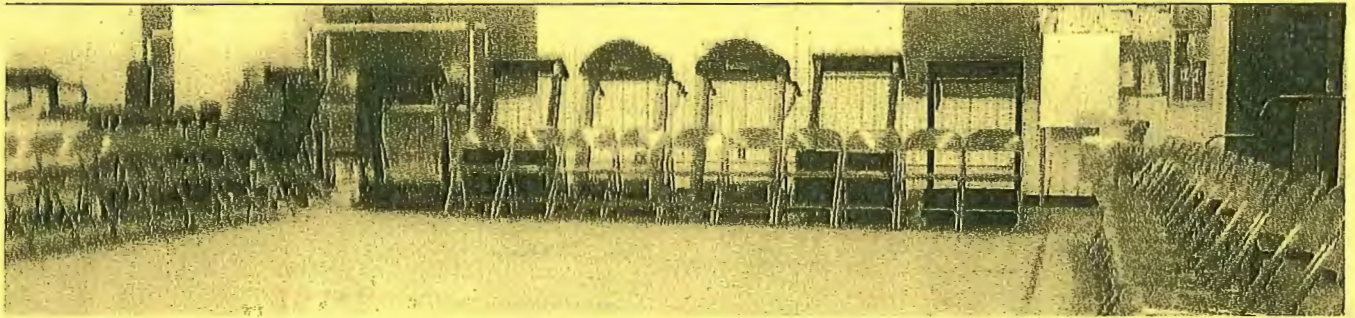
Work with the Melanoma foundation for sun safety/sunscreen training with grades 2 and 4

Sylvester Sprinters Club-a running club that starts after April vacation-students earn beads for every 1/8 of a mile they run-a token for every 3 miles and a necklace for those whose running adds up to 26.2 miles (marathon)-so far two 4th graders have completed a marathon

Monthly Community Meetings featuring themes of inclusion, social thinking, stress reduction etc.

PAL Week-a reminder to all about food allergies and the procedures in place to keep everyone safe

HMS Wellness (/)



[Home \(/\)](#) [Contact Us \(/contact-us.html\)](#) [Curriculum \(/curriculum.html\)](#) [Grading/Policies \(/gradingpolicies.html\)](#)

[HW/Projects \(/hwprojects.html\)](#) [Calendar \(/calendar.html\)](#) [Resources \(/resources.html\)](#) [Community Events \(/community-events.html\)](#)

In 2011, Hanover Public Schools moved to a Wellness Model, which combines Health and Physical Education.
[Blog \(/blog.html\)](#) Some lessons are classroom-style, most lessons will be active, and many will integrate a number of standards and objectives.

This year, students in each grade will participate in one or more lessons in the following areas, weather and schedule permitting:

Teambuilding
Fitness and Fitness Testing
Flag Football Baseball/Softball Field Hockey/Floor Hockey Lacrosse Soccer
Volleyball Team Handball
Golf Track and Field Archery
Gymnastics Dance

In addition, each grade will have a wellness theme incorporated into the above lessons and augmented throughout the year with a focus on the following topics:

Grade 5 Comprehensive School Health Education

Goal-setting/Decision-making
Relationships
Family
Violence Prevention
Nutrition
Physical Activity and Fitness
Body Systems
Growth and Development
Disease Prevention
Alcohol, Tobacco, and Other Drugs
Safety
Environment
Community Health
Consumer Health
Refusal Skills

Grade 7 Personal Wellness

Body Systems
Puberty
Nutrients
Nutrition Labels
Physical Activity & Fitness
Communicable Disease
Chronic Disease
Sleep
Alcohol
Eating Disorders

Grade 6 The World Around Us

Safety

- Health Care
- Safety Rules
- First Aid
- Smoking
- Sun Safety

Community

- Violence Prevention
- Public Health
- Health Promotion

Environment

- Evaluation
- Responsibility
- Solutions

Grade 8 Respectful Relationships

Self-esteem
Listening
Assertive behavior
Fads/conformity/peer pressure
Reproductive Anatomy
Abstinence
Prevention and consequences
Legal/moral/ethical considerations
Dating
Depression/suicide
Drugs
Character



Harvard Health Publications

HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

Understanding the stress response

Chronic activation of this survival mechanism impairs health.

For two years in a row, the annual stress survey commissioned by the American Psychological Association has found that about 25% of Americans are experiencing high levels of stress (rating their stress level as 8 or more on a 10-point scale), while another 50% report moderate levels of stress (a score of 4 to 7). Perhaps not surprising, given continuing economic instability in this country and abroad, concerns about money, work, and the economy rank as the top sources of stress for Americans.

Stress is unpleasant, even when it is transient. A stressful situation — whether something environmental, such as a looming work deadline, or psychological, such as persistent worry about losing a job — can trigger a cascade of stress hormones that produce well-orchestrated physiological changes. A stressful incident can make the heart pound and breathing quicken. Muscles tense and beads of sweat appear.

This combination of reactions to stress is also known as the "fight-or-flight" response because it evolved as a survival mechanism, enabling people and other mammals to react quickly to life-threatening situations. The carefully orchestrated yet near-instantaneous sequence of hormonal changes and physiological responses helps someone to fight the threat off or flee to safety. Unfortunately, the body can also overreact to stressors that are not life-threatening, such as traffic jams, work pressure, and family difficulties.

Over the years, researchers have learned not only how and why these reactions occur, but have also gained insight into the long-term effects stress has on physical and psychological health. Over time, repeated activation of the stress response takes a toll on the body. Research suggests that prolonged stress contributes to high blood pressure, promotes the formation of artery-clogging deposits, and causes brain changes that may contribute to anxiety, depression, and addiction. More preliminary research suggests that chronic stress may also contribute to obesity, both through direct mechanisms (causing people to eat more) or indirectly (decreasing sleep and exercise).

Sounding the alarm

The stress response begins in the brain (see illustration). When someone confronts an oncoming car or other danger, the eyes or ears (or both) send the information to the amygdala, an area of the brain that contributes to emotional processing. The amygdala interprets the images and sounds. When it perceives danger, it instantly sends a distress signal to the hypothalamus.

Command center

adrenocorticotrophic hormone (ACTH). This hormone travels to the adrenal glands, prompting them to release cortisol. The body thus stays revved up and on high alert. When the threat passes, cortisol levels fall. The parasympathetic nervous system — the "brake" — then dampens the stress response.

Techniques to counter stress

The findings of the national survey mentioned earlier support what mental health clinicians experience in their own practices — many people are unable to find a way to put the brakes on stress. Chronic low-level stress keeps the HPA axis activated, much like a motor that is idling too high for too long. After a while, this has an effect on the body that contributes to the health problems associated with chronic stress.

Persistent epinephrine surges can damage blood vessels and arteries, increasing blood pressure and raising risk of heart attacks or strokes. Elevated cortisol levels create physiological changes that help to replenish the body's energy stores that are depleted during the stress response. But they inadvertently contribute to the buildup of fat tissue and to weight gain. For example, cortisol increases appetite, so that people will want to eat more to obtain extra energy. It also increases storage of unused nutrients as fat.

Fortunately, people can learn techniques to counter the stress response.

Relaxation response. Dr. Herbert Benson, director emeritus of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, has devoted much of his career to learning how people can counter the stress response by using a combination of approaches that elicit the relaxation response. These include deep abdominal breathing, focus on a soothing word (such as peace or calm), visualization of tranquil scenes, repetitive prayer, yoga, and tai chi.

Most of the research using objective measures to evaluate how effective the relaxation response is at countering stress have been conducted in people with hypertension and other forms of heart disease. Those results suggest the technique may be worth trying — although for most people it is not a cure-all. For example, researchers at Massachusetts General Hospital conducted a double-blind, randomized controlled trial of 122 patients with hypertension, ages 55 and older, in which half were assigned to relaxation response training and the other half to a control group that received information about blood pressure control. After eight weeks, 34 of the people who practiced the relaxation response — a little more than half — had achieved a systolic blood pressure reduction of more than 5 mm Hg, and were therefore eligible for the next phase of the study, in which they could reduce levels of blood pressure medication they were taking. During that second phase, 50% were able to eliminate at least one blood pressure medication — significantly more than in the control group, where only 19% eliminated their medication.

Physical activity. People can use exercise to stifle the buildup of stress in several ways. Exercise, such as taking a brisk walk shortly after feeling stressed, not only deepens breathing but also helps relieve muscle tension. Movement therapies such as yoga, tai chi, and qi gong combine fluid movements with deep breathing and mental focus, all of which can induce calm.

Social support. Confidants, friends, acquaintances, co-workers, relatives, spouses, and companions all provide a life-enhancing social net — and may increase longevity. It's not clear why, but the buffering theory holds that people who enjoy close relationships with family and friends receive emotional support that indirectly helps to sustain them at times of stress and crisis.

Dusek JA, et al. "Stress Management Versus Lifestyle Modification on Systolic Hypertension and Medication Elimination: A Randomized Trial," *Journal of Alternative and Complementary Medicine* (March 2008): Vol. 14, No. 2, pp. 129–38.

Holt-Lunstad J, et al. "Social Relationships and Mortality Risk: A Meta-Analytic Review," *PLoS Medicine* (July 27, 2010): Vol. 7, No. 7, electronic publication.

McEwen B, et al. *The End of Stress as We Know It* (The Dana Press, 2002).

For more references, please see [www.health.harvard.edu/mentalextra \(/mentalextra\)](http://www.health.harvard.edu/mentalextra (/mentalextra)).

BENSON HENRY INSTITUTE'S EDUCATION INITIATIVE

The Benson Henry Institute's Education Initiative (EI) is a research-validated program that maximizes the potential of teachers and students by helping them better manage daily stress. Students feel more in control, improve their time management skills and achieve higher scores on tests. Since its inception over 20 years ago, the EI has been well received by hundreds of educators and students of all ages and backgrounds. The EI has conducted programs in public and independent schools, and numerous colleges and universities throughout the country.

The program teaches school staff stress reduction strategies for their own use and then demonstrates ways to bring these interventions directly to students.

Components of program:

- | | |
|---------------------------------|------------------------------------|
| ❖ Stress awareness | ❖ Body awareness/yoga |
| ❖ Relaxation response exercises | ❖ Information on healthy behaviors |
| ❖ Challenging negative thoughts | ❖ Goal setting |
| ❖ Visualization | ❖ Positive Psychology/ Empathy |

Research: Students trained in the curricula:

- | | |
|--------------------------------|---------------------------------|
| ❖ improve academic performance | ❖ lower impulsivity |
| ❖ have better work habits | ❖ have fewer unexcused absences |
| ❖ increase self-esteem | ❖ decrease perception of stress |
| ❖ improve memory | ❖ increase spirituality |

MORE INFORMATION The EI is committed to helping schools and families better manage stress. To learn more, contact Marilyn Wilcher at mwilcher@partners.org or 617.643.6035 or Laura Malloy at Lmalloy@partners.org or 617.643.6061.



Massachusetts Department of Elementary and Secondary Education

75 Pleasant Street, Malden, Massachusetts 02148-4906

Telephone: (781) 338-3000
TTY: N.E.T. Relay 1-800-439-2370

April 11, 2014

Ms. Lynn Petrowski
Food Service Director
Hanover Public Schools
188 Broadway
Hanover, MA 02339

Dear Ms. Petrowski:

Congratulations! As you may know, the **Massachusetts School Breakfast Challenge (MSBC)** is a competition among school districts and schools statewide to increase and sustain student participation in the School Breakfast Program by 35 percent. From October 2012 to March 2013 Hanover Middle School increased student participation in the School Breakfast Program (SBP) by at least 35 percent! Enclosed is an award sticker that the school should display proudly on the **Massachusetts School Breakfast Challenge** poster sent to you in January 2014.

Hanover Middle School seized the unique opportunity schools have to prevent hunger from negatively affecting student success by focusing on increasing school breakfast program participation.

Your school is among 179 schools across the state that achieved the goal of increasing participation by 35 percent, during the first quarter of the Breakfast Challenge. You have three more opportunities to surpass or sustain the 35 percent increase and earn more award stickers! Schools that achieve and sustain a 35 percent increase in participation by December 2014 will be recognized statewide.

You should be proud of your school's achievement. If there is any way we can assist you in increasing participation please contact us or the ESE funded Child Nutrition Outreach Program at Project Bread (617) 723-5000.

Sincerely,

A handwritten signature in cursive script that reads "Kathleen C. Millett".

Kathleen C. Millett
Executive Director
Office for Nutrition, Health and Safety Programs

Enclosure

[Home](#) » [Browse By Subject](#)

HUSSC

HealthierUS School Challenge



Recognizing Excellence in Nutrition and Physical Activity

The HealthierUS School Challenge (HUSSC) is a voluntary certification initiative recognizing those schools enrolled in [Team Nutrition](#) that have created healthier school environments through promotion of nutrition and physical activity.

In 2010, First Lady Michelle Obama introduced [Let's Move!](#), incorporating HUSSC into her campaign to raise a healthier generation of kids. At that time, monetary incentive awards became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

To date, HUSSC awards have been given to schools in 49 states and the District of Columbia. As of April 29, 2014, there are 6,730 schools certified (4,484 Bronze, 1,224 Silver, 591 Gold, and 431 Gold Awards of Distinction).



Recent Award Winners:

20 HUSSC Awardees from [ID](#), [IL](#), [MO](#), [OH](#), and [VT](#)

Last Modified: 05/06/2014

[Home](#) » [Child Nutrition Programs](#)

Team Nutrition



Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

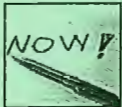
Spotlights



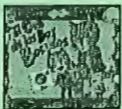
[Team Nutrition Popular Events Idea Booklet](#)



[Recent HUSSC Award Winners from ID, IL, MO, OH, and VT](#)



[2014 Training Grant Request for Applications](#)



[Two Bite Club in Spanish - now available in print!](#)



[Celebrating Challenges and Competitions](#)

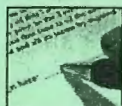
Last Modified: 05/06/2014

[Home » How To Apply](#)

Team Nutrition

Join the Team

Becoming a Team Nutrition School will help you focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members.



[PDF School
Enrollment Form](#)



[Online School
Enrollment Form](#)



[TN Schools
Database](#)

Team Nutrition has three behavior-focused strategies:

- Provide training and technical assistance to Child Nutrition foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students.
- Promote nutrition curriculum and education in schools through multiple communication channels to reinforce positive nutrition messages and encourage students to make healthy food and physical activity choices as part of a healthy lifestyle.
- Build school and community support for creating healthy school environments that are conducive to healthy eating and physical activity.

All program materials encourage students to make food and physical activity choices for a healthy lifestyle. They focus on five behavior outcomes:

- Eat a variety of foods
- Eat more fruits, vegetables and grains
- Eat lower fat foods more often
- Get your calcium-rich foods
- Be physically active

Team Nutrition Schools have these common values:

1. We believe that children should be empowered to make food and physical activity choices that reflect the Dietary Guidelines for Americans.
2. We believe that good nutrition and physical activity are essential to children's health and educational success.
3. We believe that school meals that meet the Dietary Guidelines for Americans should taste good and appeal to children.
4. We believe our programs must build upon the best science, education, communication and technical resources available.
5. We believe that school, parent and community teamwork is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
6. We believe that messages to children should be age appropriate and delivered in language they speak, through media they use, in ways that are entertaining and

actively involve them in learning.

7. We believe in focusing on positive messages regarding food and physical activity choices children can make.
8. We believe it is critical to stimulate and support education and action at the national, state and local levels to help children develop healthy eating and physical activity behaviors.

You may use the [Online School Enrollment Form](#) or download and print the [School Enrollment Form](#). Fax the completed form to 703-305-2549 or mail it to:

Team Nutrition

3101 Park Center Drive, Room 632

Alexandria, VA 22302

At the same time, provide a copy of the enrollment form to your food service director and to the Team Nutrition Leader at your State Agency. If you do not have that address, contact your school food service director. If you have questions, fax or mail them to Team Nutrition at the above address.

We look forward to having you JOIN THE TEAM!

Last Modified: 03/06/2014



The Wellness
Solution

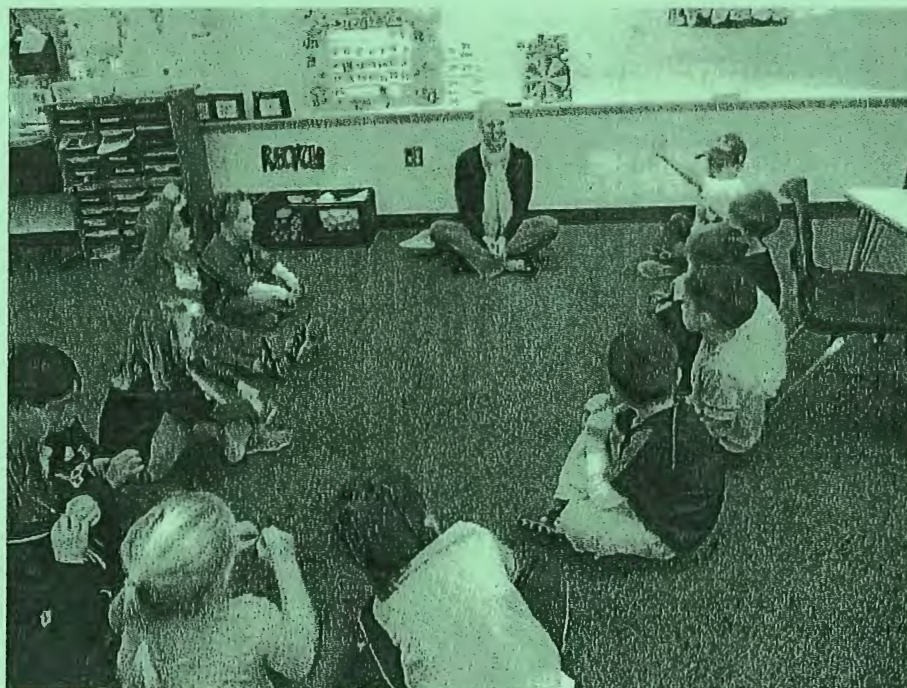
The Wellness Solution

The Wellness Solution for Massachusetts: strengthen your school wellness policy and practices

Musical Food Groups: A fun approach to nutrition education

Last November 25, 2013, thirteen kindergarten students at Cedar Elementary School in Hanover received a lesson on MyPlate and the five food groups taught by FSU Food and Nutrition intern, Kaitlin Barragan. This lesson, "*We Need All Five*," adapted from *Fuel Up To Play 60* is intended to improve children's lifelong eating habits by developing a foundation of nutritional knowledge.

During this lesson, students were first shown pictures of different types of foods and asked to guess the food group that each picture represented. They then followed up this activity with the game "Musical Food Groups," a non-competitive version of the classic game "Musical Chairs." This game allowed students to become more familiar with the five food groups while dancing around the room to music. Finally, everyone was asked to color different shapes using only *some* of their fingers. The class was able to see that just like coloring is hard without all five fingers, staying healthy is hard without including all five food groups.



The Hanover Public Schools' Wellness Policy encourages "healthy lifestyles and appropriate nutritional practices for all students." Providing nutrition education for children during their early years of schooling can help establish healthy habits that may prevent childhood obesity and keep them healthier all throughout their lives [1].

For more resources on Wellness Policies and ways to incorporate nutrition education at your school, visit the JSI Resource Center and the Wellness Solution for Massachusetts website.

~ blog provided by Kaitlin Barragan, FSU Food and Nutrition Student

This entry was posted in Nutrition Education on February 12, 2014

[<http://johnstalkerinstitute.org/blog/wellness/2014/02/musical-food-groups-a-fun-approach-to-nutrition-education/>] by JSI Grad Intern Leslie.

Hanover Middle School Students Rethink Their Drink

Last November 18, 2013, fifteen Hanover Middle School students participated in a nutrition education class called *Rethink Your Drink*, taught by FSU Food and Nutrition intern, Amy Leadbetter. The students had fun learning about the added sugar content of popular beverages, such as soda and sweetened coffee drinks. Students learned that changing the grams of sugar to teaspoons makes it easy to see how much sugar they were really drinking. Students used the Nutrition Facts Panel to find the sugar content in grams and then calculated the number of teaspoons by dividing by 4. For example, a 20 ounce bottle of soda contains 69 grams of sugar, so when divided by 4 this reveals 17 teaspoons of sugar!

To really see the amount of sugar, the students then split up into groups and measured out the teaspoons of sugar for different beverages. This fun activity was simple, but very effective!



After sharing the surprising results with each other they learned about different names for added sugars using the Find the Sugar Word Search. By the end of the lesson, each student became a savvy label reader and were open to replacing their daily soda with a glass of milk or water. Mission accomplished!

Hanover Public Schools' Wellness Policy states that "good health depends upon continuous lifelong attention to scientific advances and the acquisition of new knowledge". The committee also notes that activities that promote student wellness are important for helping students make healthy decisions.

For more resources on Wellness Policies and ways to incorporate nutrition education at your school, visit the JSI Resource Center and the Wellness Solution for Massachusetts website.

~ blog provided by Amy Leadbetter, FSU Food and Nutrition Student

This entry was posted in Nutrition Education on February 5, 2014

[<http://johnstalkerinstitute.org/blog/wellness/2014/02/hannover-middle-school-students-rethink-their-drink/>] by JSI Grad Intern Leslie.

The Wellness Solution for Massachusetts is Newly Updated!

Here is you one stop online resource created to support and strengthen wellness policies and committees in Massachusetts schools. On this blog you will find inspiration, success stories, and answers to some frequently asked questions.

This entry was posted in Uncategorized on August 25, 2013

[<http://johnstalkerinstitute.org/blog/wellness/2013/08/the-wellness-solution-for-massachusetts-is-newly-updated/>] by adoak.

HANOVER COUNCIL ON AGING

665 Center St.



Hanover, MA 02339

Tel: (781) 924-1913

Fax: (781) 924-5071

Email: coa@hanover-ma.gov

April 30, 2014

Dear Lynn,

On behalf of the Hanover Senior Center, we express our thank you for the wonderful Spring Fling Dinner held at the High School on Tuesday, April 29.

Many seniors have commented on what a nice evening that they had.

We greatly appreciate all the hard work involved in such an undertaking and thank you sincerely for the time and dedication you all gave to make it so successful. The students were fantastic, so poised and well mannered. What talent here in Hanover! The band sounded so professional and the girls were terrific. We look forward to working with you in other endeavors.

Sincerely,

Robyn Mitton, Director
HANOVER COUNCIL on AGING



UNIVERSITY OF MASSACHUSETTS
AMHERST

UMass Extension

Nutrition Education Program
205 Chenoweth Lab
100 Holdsworth Way
Amherst, MA 01003-9282
413-545-2195
413-577-4320 fax

Dear Parent:

We would like to have your permission to videotape and take photographs of your child participating in School Nutrition Programs (Breakfast, Lunch, and Snack) and/or in school related activities, such as recess, classroom or afterschool activities.

The Massachusetts Department of Elementary and Secondary Education along with the University of Massachusetts, Amherst is producing "MAKING IT COUNT," a series of web-based learning modules about school nutrition programs, and plan to use the photographs and/or recorded material as part of the modules.

Please complete the following permission slip.

I, _____ am the Parent/Guardian of
(print name)
_____, a student in the _____
(print student's name)
School District _____

_____ give permission

_____ do not give permission

for my child to be photographed and/or videotaped. I further consent to the editing and publication of the photographs and/or recorded material by the University of Massachusetts and Massachusetts Department of Elementary and Secondary Education for distribution in association with educational programs and promotion. It is my understanding that the photographs and/or taped recordings will be for non-commercial educational use only.

Date:

Signature:

**UMass
Extension**

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, under this Cooperative Agreement. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government



Massachusetts Department of
ELEMENTARY & SECONDARY
EDUCATION

UMass Extension: Working Partners

United States Department of Agriculture cooperating.
University of Massachusetts Extension offers equal opportunity in programs and employment.

Making it Count Videotaping

Wednesday 5/14/14

HANOVER HIGH SCHOOL

287 Cedar Street
Hanover, MA 02339
781-878-5450

6:15

Cameraman Jeff Hoffman and Béné Naudin arrival

- Unload equipment, check in

6:30am – 6:50

Barbara and her crew preps/sets up breakfast at high school

- Crew interacting with each other
- Set up
- Food items being offered
 - Fresh fruit
 - Assorted juice
 - Bagels
 - Cereal
 - Breakfast bars, pastry, muffins
 - Yogurt
 - Milk

6:50

First breakfast - breakfast kiosk

We will need traffic control. Students with permissions need to be identified before they get their breakfast. Any student without permission should be identified, and ushered through before or after permission students.

- Students arriving
- Students selecting food items
- Students moving through the line
- Cashier examining tray
- Ringing up meals
- Fresh fruit at POS/register
- Trays sliding through (Overhead shots) at register
- Students eating
- Signage

7:10 am

TRAVEL TO HANOVER MIDDLE SCHOOL

Located at 45 Whiting Street

7:20 - 7:40 am

Establishing shot of school, busses drop off kids (wide/distant)

7:45 - 9:00 am

Anne and her crew sets up breakfast at middle school

Any staff not wishing to be videotaped will need to be identified before we begin taping.

- Crew interacting with each other

- Serving line set up
- Signage on serving line (*to be created by Anne for us*)

Breakfast Club students

We will need traffic control for students being videotaped. Breakfast Club children with permissions signed will stand by to go through line together, spaced out, in smaller groups. Any student without permission should be identified, and ushered through before or after permission students.

- Breakfast club kids arrive
- Students enter serving area
 - Moving through serving line
 - Selecting food items
 - Interaction with staff
- Breakfast club kids go to register
 - Students pay for meals (enter ID?)
 - Cashier examining tray
 - Cashier ringing up meals
 - Trays sliding through register area
- Breakfast club kids sit down at their table (*timing should be staged so they don't all sit down at once*)
- Breakfast club kids eat and socialize

Optional

- Kitchen staff member fills out production report for breakfast
 - Counting leftovers
 - Filling in spaces with number counted

STILL PHOTOGRAPHY

- Reimbursable OVS meals on trays (*staged with Lisa from DESE*)

9:00/9:15am

TRAVEL TO CENTRAL OFFICE

Located at 188 Broadway

9:30 - 10:15 am

Establishing shots

- Ext. office
- Signage (Superintendent's Office or Central Office)

Administrative tasks

- Janet fills out FP-9 on her computer
- Janet goes to archive to look for a file
- Archived files (labeled i.e. applications, verification, FP-9, etc.)
- Labeled cabinets/boxes (by year?)
- Folder being filed away by Janet
- Applications being files away in a 2013-2014 school year section
- Verification for cause documentation (TBD)
- Hearing documents (TBD)

10:30 – 12 pm

Hanover School Nutrition

Page 1

Jun 17, 2013 thru Jun 21, 2013 Spreadsheet - Portion Values
Elementary School Lunch

Jul 31, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/17/2013																
Elementary School Lunch	Total	475														
CHICKEN NUGGETS,EACH TYS ON DPS	5 EACH	275	241	40	552	1.00	1.44	40.1	100	20	0.0	14.04	13.04	15.04	3.01	0.00
DIRTY POTATOES	1/2 CUP	150	152	0	178	2.53	1.22	10.8	363	45	6.55	2.49	23.78	5.7	2.67	*N/A*
MIXED VEGETABLES:frozen,boiled	.5 CUP	125	59	0	32	4.00	0.75	22.8	3892	389	2.91	2.6	11.91	0.14	0.03	*N/A*
BREADSTICK, WHITE WW, ADV ANCE	1 EACH	230	110	0	220	3.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
FRUIT CUP, CANNED FRUIT	.5 CUP	200	69	0	5	1.53	0.41	8.5	21	4	4.3	0.44	18.03	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	200	77	0	1	3.27	0.25	20.2	192	24	22.38	0.94	19.92	0.27	0.05	*N/A*
Milk, Variety Hanover	1 EACH	475	124	6	183	0.00	0.00	326.4	537	117	1.5	8.6	19.99	0.27	0.16	0.00
CHICKEN PATTY ON WW BUN,T YSON	1 EACH	150	380	40	830	4.00	3.24	80.0	0	0	0.0	20.0	37.0	17.0	4.00	0.00
SALAD,TOSSED: no dressing	1 CUP	30	40	0	28	2.25	0.74	34.7	3266	462	18.03	2.55	7.13	0.87	0.12	*0.00
TURKEY BREAST,DELI MEAT	2 OZ	1	59	24	575	0.28	0.82	4.5	19	4	3.23	9.68	2.39	0.94	0.19	0.00
ROLL, WW DINNER FANTINI	2 EACH	30	132	0	286	2.00	1.80	60.0	600	120	7.2	6.0	26.0	0.0	0.00	0.00
DRESSING, RANCH LITE	1 TBSP	20	45	3	145	0.00	0.00	10.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
DRESSING, LITE ITALIAN CAINS	1 TBSP	10	8	0	280	0.00	0.00	0.0	50	10	*N/A*	0.0	1.0	0.5	0.00	0.00
TURKEY,CHEESE ON WW PITA	1 EACH	20	175	28	847	1.75	1.32	111.3	399	80	2.84	14.71	17.37	5.11	1.87	*0.00
Vegetable Sticks Combo	1/2 cup	100	21	0	54	1.60	0.18	26.5	6263	1025	3.27	0.59	4.55	0.15	0.03	*0.00
MUSTARD: individual PC	Pkt 5g	25	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0:27	0.2	0.01	0.00
KETCHUP: individual	Pkt 6g	200	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average			589	43	1049	7.86	3.51	423.3	3428	516	*20.10	28.39	80.61	17.30	4.16	*0.00
% of Calories												19.3%	54.7%	26.4%	6.3%	*0.0%

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Hanover School Nutrition

Jun 17, 2013 thru Jun 21, 2013 Spreadsheet - Portion Values
Elementary School Lunch

Jul 31, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/18/2013																
Elementary School Lunch	Total	500														
HAM AND CHEESE MELT ON A B AGEL	4 OZ	200	288	32	853	1.59	3.06	90.4	136	27	0.0	17.22	37.83	7.05	3.32	*0.00
Vegetable Sticks Combo	1/2 cup	300	21	0	54	1.60	0.18	26.5	6263	1025	3.27	0.59	4.55	0.15	0.03	*0.00
DRESSING, RANCH LITE	1 TBSP	450	45	3	145	0.00	0.00	10.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	200	77	0	1	3.27	0.25	20.2	192	24	22.38	0.94	19.92	0.27	0.05	*N/A*
FRUIT CUP, CANNED FRUIT	.5 CUP	200	69	0	5	1.53	0.41	8.5	21	4	4.3	0.44	18.03	0.08	0.01	0.00
Milk, Variety Hanover	1 EACH	500	124	6	183	0.00	0.00	326.4	537	117	1.5	8.6	19.99	0.27	0.16	0.00
SALAD, TOSSED: no dressing	1 CUP	28	40	0	28	2.25	0.74	34.7	3266	462	18.03	2.55	7.13	0.87	0.12	*0.00
DRESSING, LITE ITALIAN CAINS	1 TBSP	28	8	0	280	0.00	0.00	0.0	50	10	*N/A*	0.0	1.0	0.5	0.00	0.00
TURKEY BREAST, DELI MEAT	2 OZ	18	59	24	575	0.28	0.82	4.5	19	4	3.23	9.68	2.39	0.94	0.19	0.00
Bread, Scali	Slice (2 oz)	18	170	0	350	1.00	1.80	0.0	0	0	0.0	5.0	34.0	2.0	0.30	*N/A*
Hotdog on a bun	1 each	250	301	31	832	1.16	2.08	67.2	0	0	0.0	10.03	23.75	18.04	6.77	*N/A*
Cucumber Wheels	.5 cup	250	11	0	2	0.62	0.19	12.3	63	6	2.82	0.52	1.9	0.14	0.01	*N/A*
TURKEY, CHEESE ON WW PITA	1 EACH	15	175	28	847	1.75	1.32	111.3	399	80	2.84	14.71	17.37	5.11	1.87	*0.00
MUSTARD: individual PC	Pkt 5g	100	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
KETCHUP: individual	Pkt 6g	250	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
MAYONNAISE: individual PC	Pkt 7g	5	50	4	40	0.00	0.04	1.3	20	6	0.0	0.08	0.19	5.56	0.60	*N/A*
Weighted Daily Average			527	39	1227	4.66	2.94	445.3	4694	790	*17.21	22.87	71.66	16.00	5.46	*0.00
% of Calories												17.3%	54.4%	27.3%	9.3%	*0.0%

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Hanover School Nutrition

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Jun 17, 2013 thru Jun 21, 2013 Spreadsheet - Portion Values
Elementary School Lunch

Jul 31, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/19/2013																
Elementary School Lunch	Total	525														
French Toast Sticks, Whole Gra	3 Sticks	375	214	119	279	2.47	1.48	32.9	164	33	0.0	7.4	26.3	9.04	2.06	0.82
SYRUP,PANCAKE	1 TBSP	375	46	0	16	0.00	0.01	0.6	0	0	0.0	0.0	12.06	0.0	0.00	*N/A*
Sausage Link, Jones Lite	2 links	350	10	3	26	0.00	0.14	30.0	40	8	0.24	0.6	0.2	0.8	0.00	0.00
SWEET POTATO FRIES	3 oz	200	150	0	170	3.00	0.36	20.0	5000	1000	9.6	1.0	22.0	6.0	1.00	0.00
CARROT Snack Pack	.5 cup	300	36	0	61	2.46	0.26	29.0	10578	2472	5.19	0.82	8.42	0.21	0.03	*N/A*
APPLES, WARM CINNAMON	1/2 CUP	300	61	0	3	2.26	0.23	6.6	23	5	0.45	0.33	15.79	0.38	0.07	*0.00
Milk, Variety Hanover	1 EACH	525	124	6	183	0.00	0.00	326.4	537	117	1.5	8.6	19.99	0.27	0.16	0.00
CHICKEN PATTY ON WW BUN,T YSON	1 EACH	100	380	40	830	4.00	3.24	80.0	0	0	0.0	20.0	37.0	17.0	4.00	0.00
SALAD,TOSSED: no dressing	1 CUP	35	40	0	28	2.25	0.74	34.7	3266	462	18.03	2.55	7.13	0.87	0.12	*0.00
TURKEY BREAST,DELI MEAT	2 OZ	20	59	24	575	0.28	0.82	4.5	19	4	3.23	9.68	2.39	0.94	0.19	0.00
BREADSTICK, WHITE WW, ADV ANCE	1 EACH	30	110	0	220	3.00	1.08	20.0	0	0	3.6	4.0	21.0	1.0	0.00	0.00
DRESSING, LITE ITALIAN CAINS	1 TBSP	15	8	0	280	0.00	0.00	0.0	50	10	*N/A*	0.0	1.0	0.5	0.00	0.00
DRESSING, RANCH LITE	1 TBSP	15	45	3	145	0.00	0.00	10.0	0	0	0.0	0.0	3.0	3.5	0.50	0.00
TURKEY,CHEESE ON WW PITA	1 EACH	15	175	28	847	1.75	1.32	111.3	399	80	2.84	14.71	17.37	5.11	1.87	*0.00
FRUIT, FRESH ASSORTED	1 EACH	120	77	0	1	3.27	0.25	20.2	192	24	22.38	0.94	19.92	0.27	0.05	*N/A*
CELERY STICKS	.5 CUP	125	12	0	59	1.19	0.15	29.7	333	10	2.3	0.51	2.21	0.13	0.03	*N/A*
MUSTARD: individual PC	Pkt 5g	10	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
KETCHUP: individual	Pkt 6g	350	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average			544	102	803	7.79	2.48	433.1	9036	1987	*16.41	20.73	85.27	13.64	2.93	*0.59
% of Calories												15.2%	62.7%	22.6%	4.8%	*1.0%

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Hanover School Nutrition

Jun 17, 2013 thru Jun 21, 2013 Spreadsheet - Portion Values
Elementary School Lunch

Jul 31, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/20/2013																
Elementary School Lunch	Total	535														
NACHOS GRANDE	SERVINGS	350	345	31	878	4.78	1.95	249.2	1087	187	7.2	15.83	28.04	18.11	5.75	*0.00
LETTUCE,ICEBERG,FRESH 1/4 cu	1/4 cup	250	3	0	2	0.22	0.07	3.2	90	6	0.5	0.16	0.53	0.03	0.00	*N/A*
TOMATOES,FRESH,RED RIPE	.25 cup	250	8	0	2	0.54	0.12	4.5	375	28	6.17	0.4	1.75	0.09	0.01	*N/A*
SALSA:COMMODITY	2 OZ	300	20	0	244	0.79	1.27	6.8	312	31	2.27	0.85	3.97	0.11	0.02	*N/A*
REFRIED BEANS: canned	.5 CUP	75	108	0	534	6.07	1.99	39.3	0	0	7.14	6.44	18.16	1.39	0.47	*N/A*
PLUMS,FRESH	1 EACH	275	30	0	0	0.92	0.11	4.0	228	21	6.27	0.46	7.54	0.18	0.01	*N/A*
Milk, Variety Hanover	1 EACH	535	124	6	183	0.00	0.00	326.4	537	117	1.5	8.6	19.99	0.27	0.16	0.00
FRUIT CUP, CANNED FRUIT	.5 CUP	50	69	0	5	1.53	0.41	8.5	21	4	4.3	0.44	18.03	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	50	77	0	1	3.27	0.25	20.2	192	24	22.38	0.94	19.92	0.27	0.05	*N/A*
Hotdog on a bun	1 each	140	301	31	832	1.16	2.08	67.2	0	0	0.0	10.03	23.75	18.04	6.77	*N/A*
SALAD,TOSSED: no dressing	1 CUP	35	40	0	28	2.25	0.74	34.7	3266	462	18.03	2.55	7.13	0.87	0.12	*0.00
TURKEY BREAST,DELI MEAT	2 OZ	20	59	24	575	0.28	0.82	4.5	19	4	3.23	9.68	2.39	0.94	0.19	0.00
PITA,WHOLE WHEAT	1 EACH	25	150	0	225	3.00	1.08	40.0	0	0	0.0	6.0	30.0	1.0	0.00	0.00
DRESSING, LITE ITALIAN CAINS	1 TBSP	35	8	0	280	0.00	0.00	0.0	50	10	*N/A*	0.0	1.0	0.5	0.00	0.00
TURKEY,CHEESE ON WW PITA	1 EACH	10	175	28	847	1.75	1.32	111.3	399	80	2.84	14.71	17.37	5.11	1.87	*0.00
Vegetable Sticks Combo	1/2 cup	175	21	0	54	1.60	0.18	26.5	6263	1025	3.27	0.59	4.55	0.15	0.03	*0.00
MUSTARD: individual PC	Pkt 5g	50	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
KETCHUP: individual	Pkt 6g	100	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average			514	36	1293	6.87	3.25	540.2	4062	655	*19.91	24.90	61.96	17.62	5.85	*0.00
% of Calories												19.4%	48.3%	30.9%	10.3%	*0.0%

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Hanover School Nutrition

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Jun 17, 2013 thru Jun 21, 2013 Spreadsheet - Portion Values
Elementary School Lunch

Jul 31, 2013

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/21/2013																
Elementary School Lunch	Total	500														
PIZZA,CHEESE	SLICES	375	312	25	513	3.50	1.58	468.0	204	41	0.6	21.21	29.57	11.44	8.19	0.00
CAESAR SALAD, SIDE TOSSED	1 cup	300	162	5	247	1.49	0.84	94.1	922	184	2.13	4.23	12.99	10.26	2.09	*0.00
PEPPER SLICES,FRESH	.5 CUP	100	23	0	3	1.72	0.35	7.7	1588	287	94.39	0.84	4.84	0.21	0.04	*N/A*
FRUIT CUP, CANNED FRUIT	.5 CUP	200	69	0	5	1.53	0.41	8.5	21	4	4.3	0.44	18.03	0.08	0.01	0.00
FRUIT, FRESH ASSORTED	1 EACH	200	77	0	1	3.27	0.25	20.2	192	24	22.38	0.94	19.92	0.27	0.05	*N/A*
Milk, Variety Hanover	1 EACH	500	124	6	183	0.00	0.00	326.4	537	117	1.5	8.6	19.99	0.27	0.16	0.00
SALAD,TOSSED: no dressing	1 CUP	20	40	0	28	2.25	0.74	34.7	3266	462	18.03	2.55	7.13	0.87	0.12	*0.00
TURKEY BREAST,DELI MEAT	2 OZ	15	59	24	575	0.28	0.82	4.5	19	4	3.23	9.68	2.39	0.94	0.19	0.00
DRESSING, LITE ITALIAN CAJINS	1 TBSP	20	8	0	280	0.00	0.00	0.0	50	10	*N/A*	0.0	1.0	0.5	0.00	0.00
ROLL, WW DINNER FANTINI	2 EACH	15	132	0	286	2.00	1.80	60.0	600	120	7.2	6.0	26.0	0.0	0.00	0.00
CHICKEN PATTY ON WW BUN,T YSON	1 EACH	100	380	40	830	4.00	3.24	80.0	0	0	0.0	20.0	37.0	17.0	4.00	0.00
TURKEY,CHEESE ON WW PITA	1 EACH	10	175	28	847	1.75	1.32	111.3	399	80	2.84	14.71	17.37	5.11	1.87	*0.00
MUSTARD: individual PC	Pkt 5g	20	3	0	57	0.17	0.08	2.9	4	0	0.08	0.22	0.27	0.2	0.01	0.00
KETCHUP: individual	Pkt 6g	120	6	0	67	0.02	0.03	1.1	56	6	0.91	0.1	1.51	0.02	0.00	*N/A*
Weighted Daily Average			607	37	958	6.79	2.81	768.8	1819	353	*34.09	32.66	75.42	18.79	8.43	*0.00
% of Calories												21.5%	49.7%	27.9%	12.5%	*0.0%

Weighted Average			556	51	1066	6.79	3.00	522.1	4608	860	*21.55	25.91	74.98	16.67	5.37	*0.12
												18.6%	53.9%	27.0%	8.7%	*0.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	556		550 - 650	100%				
Cholesterol (mg)	51							
Sodium (mg)	1066		1230					
Fiber (g)	6.79							
Iron (mg)	3.00							
Calcium (mg)	522.1							
Vitamin A (IU)	4608							
Vitamin A (RE)	860							
Vitamin C (mg)	21.55							
Protein (g)	25.91	18.63%			Missing			
Carbohydrate (g)	74.98	53.93%						
Total Fat (g)	16.67	26.97%	<=30.00%					
Saturated Fat (g)	5.37	8.68%	<10.00%					
Trans Fat ¹ (g)	0.12	0.19%			Missing			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Office of Family & Community Engagement

- The Office of Family & Community Engagement facilitates programs across the district that support the physical, social and emotional well being of all students. Through enrichment programs, students have access to activities that provide opportunities to embrace healthy lifestyle choices. Programs such as cross country, track & field, taekwondo and sports clubs encourage physical fitness, teamwork and personal growth. Students are encouraged to challenge themselves to be their personal best, enhancing self-esteem and building confidence. Cooking classes provide practical skills but also nutritional awareness, portion control and healthy eating practices to last a lifetime. Both the enrichment and before and after school programs provide students a safe and supportive environment to explore new ideas, develop strong social skills and create meaningful learning experiences.
- The Office of Family & Community Engagement provides ongoing education for staff that ensures student safety. Staff complete training and/or receive certification in CPR, First Aid, AED, diabetes, asthma and allergy awareness, head injury awareness and Epi Pen administration. In addition, continuing education is provided in the areas of child development, special education and mental health. In providing a wide variety of educational experiences, we empower our staff with the resources to support students outside the school day.
- The goal of the Office of Family & Community Engagement is to improve and increase the access to learning opportunities for students, staff, families and the Hanover community. FY15 initiatives include an educational speaker series, adult and community education programs and expanded enrichment opportunities that support student growth. Through collaborative partnerships and community resources, we aspire to create a learning community that embraces the whole student regardless of age.

Office of Family & Community Engagement

Creative Cuisine

We are pleased to offer a variety of cooking classes facilitated by Hanover Food Service Head Cook, Mrs Anne Judge.

Using a creative approach to cooking that emphasizes whole foods and nutrition, students will create their own delicious dishes from scratch.

Fruits, vegetables and whole grains will provide the centerpiece for this program. The goal of this introduction to food preparation is to inspire students of all ages to make healthy food choices. Classes will feature hands-on experience for students as they participate in each aspect of food preparation.

Each session will culminate in a parent/ guardian tasting on the last day of class.

All food supplies and class materials are included in the price of the class. Students will receive an apron, chef hat and recipe book.



Session 1: July 7 – July 11
Incoming Grades 5 - 8
9:00am – 12:00pm
Cost: \$190
Maximum: 6 Students

Session 2: July 14 – July 18
Incoming Grades 3 & 4
9:00am – 12:00pm
Cost: \$190
Maximum: 6 Students

Session 3: July 21 – July 25
Incoming Grades 1 & 2
9:00am – 11:00am**
(Please note the time for grades 1 & 2)
Cost: \$160
Maximum: 6 Students

Session 4: July 28 – August 1
Incoming Grades 5 - 8
9:00am – 12:00pm
Cost: \$190
Maximum: 6 Students



Register online at: <http://www.hanoverschools.org/esp/enrichment/>

Office of Family & Community Engagement

Hanover Youth Track Club

Mr. Paul Economos and Mrs. Lisa Porzio
Hanover Middle School Teachers/Coaches

Join the Hanover Youth Track Club for a summer of fitness and fun!

Students will experience the value of staying fit while developing a strong knowledge base of running, jumping, and throwing skills. Through varied coaching techniques, as well as individualized instruction, all athletes will be guided to do their best and challenge themselves in a mix of short and long distance running and a variety of throwing and jumping exercises.

Students will feel the satisfaction of success as they work their way through many activities and races. Each session will offer a multi-age, multi-town track meet (optional – please see below) on Wednesday evening with awards and prizes! Families are invited to attend and cheer on their athlete(s). Times and locations will be announced. Please note all evening meets are held in neighboring local towns.

This summer's program will include both morning and evening sessions.

Morning sessions – Monday through Thursday

Option A: Four instructional meetings with evening track meet included

Option B: Four instructional meetings without evening track meet

Session 1: July 7, 2014 – July 10, 2014
Session 2: July 14, 2014 – July 17, 2014
Session 3: July 21, 2014 – July 24, 2014
Session 4: July 28, 2014 – July 31, 2014

Incoming Grades 1 – 4
8:30 am – 9:30 am
Cost (Option A): \$60
Cost (Option B): \$40

Incoming Grades 5 – 8
10:00 am – 11:30 am
Cost (Option A): \$80
Cost (Option B): \$60



Evening sessions – Monday through Wednesday Includes track meet

Session 1: July 7, 2014 – July 9, 2014
Session 2: July 14, 2014 – July 16, 2014
Session 3: July 21, 2014 – July 23, 2014
Session 4: July 28, 2014 – July 30, 2014

Incoming Grades 1 – 4
6:00 pm – 7:00 pm*
Cost: \$60

Incoming Grades 5 – 8
6:00 pm – 7:30 pm*
Cost: \$80

* Wednesday track meets may end later than the designated times.



Register online at: <http://www.hanoverschools.org/esp/enrichment/>