Allison White, Principal 1138 Heatherstone Way Sunnyvale, CA 94087 **A National Blue Ribbon School**

Healthy Beverage Position Statement:

Cherry Chase Elementary School will strive to promote health and wellness by being a role model to promote healthy beverages. At all Cherry Chase Elementary sponsored and/or coordinated meetings and events for staff and families where beverages will be provided, the selection must be in accordance with our District's Healthy Beverage Guidelines.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy beverage choices. Therefore Cherry Chase Elementary 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., at meetings) and sold (e.g., in vending machines) at Cherry Chase Elementary, will strive to increase the availability of healthy beverage options by promoting to provide the following:

- Water with no added sweeteners;
- Unflavored* non-fat or 1% cow's milk with no added sweeteners
- Unflavored*non-dairy 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 non-caloric sweeteners;
- Diet beverages with non-caloric sweeteners

*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

Suggest Cherry Chase Elementary School Staff not consume sugar-loaded beverages in front of students.

Board of Education

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CHERRY CHASE ELEMENTARY SCHOOL

Healthy Food Position Statement:
Cherry Chase Elementary School will strive to promote health and wellness by being a role model to promote healthy foods. At all Cherry Chase Elementary coordinated meetings and events for staff and clients where foods will be provided, the selection must be in accordance with the Cherry Chase Elementary Healthy Food Guidelines.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy food choices. Therefore Cherry Chase Elementary will:

- Increase the range and availability of healthy food options at our school, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
    - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
    - Promote 5210 and encourage students and staff to live a Healthy Lifestyle
    - Encourage lean meats, poultry and fish.
    - Significantly limit high calorie/low nutrient foods such as donuts, pastries, cookies, candy, chips and fried foods at events, activities or celebrations.
    - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
    - Encourage high calorie foods/desserts only as an occasional small treat.
    - Encourage cooking with healthier ingredients and providing snacks through the following ideas: school newsletter, recipe board in staff room, and healthy foods at meetings/events.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Cherry Chase Elementary staff.

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CHERRY CHASE ELEMENTARY SCHOOL

Healthy Movement Position Statement:
At Cherry Chase Elementary we will strive to promote health and wellness by being a champion for exercise and movement.

As a school that employs staff, has volunteers, and serves the needs of our students and community, we are committed to promote health and wellness by providing physical activity opportunities. Therefore the staff of Cherry Chase Elementary will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Encourage and recognize participation in Walk and Roll to School, hold monthly classroom competitions for participation
- Create opportunities for movement for staff and students, such as "Dancing Fridays". We will also offer different organized games and activities for students during recess at the Fun Zone. Promote participation in the annual Cherry Chase Fun Run 5K.
- Encourage and recognize participation in the annual Cherry Chase Walkathon.
- Find and capitalize on opportunities to promote exercise/movement to staff and students.
- Offer a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Encourage teachers and support staff to build physical activity into their day.

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