

MARY QUEEN OF PEACE WELLNESS PLAN

Mary Queen of Peace Catholic School

Revised: September 14, 2020

Revised: April 18th, 2022

Revised: September 2023

Preamble

Mary Queen of Peace Catholic School is committed to the optimal development of every student. MQP believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Mary Queen of Peace Catholic School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Mary Queen of Peace Catholic School have access to healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus- in accordance with Federal and State nutrition standards; Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Mary Queen of Peace Catholic School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Mary Queen of Peace Catholic School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- This policy applies to all students and staff at Mary Queen of Peace Catholic School. Specific measurable goals and outcomes are identified within each section below.

Committee Role and Membership

Mary Queen of Peace Catholic School Wellness Committee meets at least four times per year to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The WELLNESS COMMITTEE represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP- Ed). To the extent possible, the WELLNESS COMMITTEE will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the WELLNESS COMMITTEE and facilitate development of and updates to the wellness policy and will ensure compliance with the policy.

The designated official for oversight is (Kate Hamill) khamill@mqpcatholic.org

School Wellness Committee Members:

Mary Johnsen	Teacher	mjohnsen@mqpcatholic.org
Ian Hall	Teacher Phy/Science	ihall@mqpcatholic.org
Taya Schultze	Instructional Coach	tschultze@mqpcatholic.org
Genna Haddad	Staff	ghaddad@mqpcatholic.org
Sara Rieland	Community Member	sara.reiland@gmail.com
Tara Wegleitner	Phoenix Counseling	phoenixcounselor@mqpcatholic.org
Mary Torresani	School Nutrition	Mtorryesani@mqpcatholic.org
Caleb S	Student	

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement***Implementation Plan***

Mary Queen of Peace Catholic School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines and includes information about who will be responsible to make what change, by how much, where and when; as well as the required nutrition information provided by ISD728 Food Services for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at:
<https://school.mqpcatholic.org/documents/wellness-policy/>

Recordkeeping

Mary Queen of Peace Catholic School will retain records to document compliance with the requirements of the wellness policy. Documentation maintained at Mary Queen of Peace will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods Mary Queen of Peace Catholic School uses to make stakeholders aware of their ability to participate on the WELLNESS COMMITTEE;
 - Documentation to demonstrate compliance with the annual public notification requirements; The most recent
 - assessment on the implementation of the local school wellness policy; Documentation demonstrating the
 - most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Mary Queen of Peace Catholic School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Mary Queen of Peace Catholic School will make this information available via Mary Queen of Peace Catholic School website and/or district-wide communications.

Mary Queen of Peace Catholic School will provide as much information as possible about the school nutrition environment. This will include a summary of Mary Queen of Peace Catholic School's events or activities related to wellness policy implementation. Annually, Mary Queen of Peace Catholic School will also publicize the name and contact information of Mary Queen of Peace Catholic School and school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, Mary Queen of Peace Catholic School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which Mary Queen of Peace Catholic School are in compliance with the wellness policy;
- The extent to which Mary Queen of Peace Catholic School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and

- A description of the progress made in attaining the goals of Mary Queen of Peace Catholic School's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is *Kate Hamill*, Principal, khamill@mqpcatholic.org

The WELLNESS COMMITTEE, in collaboration with ISD728 will monitor schools' compliance with this wellness policy.

Mary Queen of Peace Catholic School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The WELLNESS COMMITTEE will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

Mary Queen of Peace Catholic School is committed to being responsive to community input, which begins with awareness of the wellness policy. Mary Queen of Peace Catholic School will actively communicate ways in which representatives of WELLNESS COMMITTEE and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. Mary Queen of Peace Catholic School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Mary Queen of Peace Catholic School will use electronic mechanisms, such as email or displaying notices on Mary Queen of Peace Catholic School's website, as well as non- electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Mary Queen of Peace Catholic School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Mary Queen of Peace Catholic School and individual schools are communicating important school information with parents.

Mary Queen of Peace Catholic School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Mary Queen of Peace Catholic School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

ISD728 is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs provided by ISD728 aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Mary Queen of Peace Catholic School is contracted with ISD 728 to provide lunch and breakfast ,participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), and *Special Milk Program* (SMP). All schools within Mary Queen of Peace Catholic School are committed to offering school meals through the NSLP program, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Mary Queen of Peace Catholic School offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Daily lunch meals are packaged at ISD728 Elementary School location, bundled into all grab-and-go meals available to all students at Mary Queen of Peace.
 - All kitchen staff members have been trained to serve unitized meals to students.
 - White milk is provided for all students with the option of skim or 1%.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to communicate the daily menu.
 - Menus are created by ISD728.
 - Mary Queen of Peace staff participate in the annual professional standards training requirements.
- Mary Queen of Peace Catholic School child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess for K-2 students to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

Filtered drinking water is available to all students throughout while on the Mary Queen of Peace campus. Mary Queen of Peace Catholic School will make drinking water available where school meals are served. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include filtered drinking fountains and bottled water when necessary. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

Mary Queen of Peace Catholic School does not supply snacks or food outside of our school lunch program. Mary Queen of Peace does not have food/beverage vending on our campus.

Celebrations and Rewards

All foods offered by the school campus are encouraged to be healthy. Each classroom teacher works hard to communicate and promote healthy snacks, lunches and physical activity.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Mary Queen of Peace Catholic School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion

will occur through at least:

Nutrition Education

Mary Queen of Peace Catholic School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services; Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

Mary Queen of Peace Catholic School will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
 - Importance of eating breakfast
 - Making healthy choices when eating at restaurants Eating disorders
 - The Dietary Guidelines for Americans Reducing sodium intake
 - Social influences on healthy eating, including media, family, peers and culture How to find valid information or services related to nutrition and dietary behavior
 - How to develop a plan and track progress toward achieving a personal goal to eat healthfully Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

Mary Queen of Peace Catholic School does not allow food marketing on our campus.

IV. Physical Activity

Children and adolescents should participate in at least 70 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and

family and community engagement; and Mary Queen of Peace Catholic School is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Mary Queen of Peace Catholic School will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

To the extent practicable, Mary Queen of Peace Catholic School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Mary Queen of Peace Catholic School will conduct necessary inspections and repairs.

Physical Education

Mary Queen of Peace Catholic School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and Minnesota curriculum standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided with an equal opportunity to participate in physical education classes. Mary Queen of Peace Catholic School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

Mary Queen of Peace Catholic School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) at Mary Queen of Peace Catholic School.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process How an inactive lifestyle contributes to chronic disease.
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year (*This policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, Mary Queen of Peace will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition

period/time frame before students enter the cafeteria.

If the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. **Outdoor recess** will be offered when weather is feasible for outdoor play.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

Mary Queen of Peace Catholic School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Mary Queen of Peace Catholic School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Mary Queen of Peace Catholic School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Mary Queen of Peace Catholic School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Mary Queen of Peace Catholic School offers opportunities for students to participate in physical activity during and after the school and through a variety of methods.

Active Transport

Mary Queen of Peace Catholic School will support active transport to and from school, such as walking or biking. Mary Queen of Peace Catholic School will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to: Designate safe or preferred routes to school, Use crosswalks on streets leading to schools, and Use walking school buses.

V. Other Activities that Promote Student Wellness

Mary Queen of Peace Catholic School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Mary Queen of Peace Catholic School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Mary Queen of Peace Catholic School coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or Mary Queen of Peace Catholic School's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not

limited to ensuring the involvement of the WELLNESS COMMITTEE.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Mary Queen of Peace Catholic School will develop relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

Mary Queen of Peace Catholic School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, Mary Queen of Peace Catholic School will use electronic mechanisms (e.g., email or displaying notices on Mary Queen of Peace Catholic School's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WELLNESS COMMITTEE will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Mary Queen of Peace Catholic School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Mary Queen of Peace Catholic School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, Mary Queen of Peace Catholic School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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