

BLUE ZONE AT ORANGE ELEMENTARY

What is Blue Zone?

Blue Zones helps people lead a longer, happier, and healthier life. We study the world's longest-lived, happiest people and tell you their secrets.

We, Orange Elementary, earned our Blue Zone certification in the spring of 2013. We are a Blue Zone worksite and school. The first one ever! ...

1. We have an Orange Wellness Committee. It meets once a month in the morning. Our Orange Wellness Committee Mission Statement is as follows:

“We believe healthy bodies equal healthy minds. Therefore, we are committed to being the leaders of wellness by promoting healthier life choices. We will lead by example and provide opportunities for developing healthy habits within our community.”

2. Our campus is tobacco-free.
3. We have daily snacks. Our daily snacks meet the Blue Zones Guidelines for Healthy Food and Beverages for Schools. This gives the students an opportunity to maybe try something new, and/or help promote the healthier options available. These are provided by students and their families for the entire class.
4. We prohibit unhealthy food and beverage ads on school grounds.
5. We offer the healthier lunch options first.
6. Our cafeteria equipment is updated.
7. You may not purchase unhealthy food or beverage with a debit card.
8. We will celebrate large events with food only once a month. Students do not have to bring any birthday treats, but they could bring non-food items or **HEALTHY** birthday snacks.
9. We provide daily movement in the classrooms outside of physical education.
10. All students receive a 20-minute recess each day.
11. Our students have recess before lunch.
12. Physical activity is not used as punishment.
13. We educate students on nutrition topics within our current curriculum.
14. Students are active the majority of physical education classes.
15. We host a walking club during students’ recess—Mileage Club.
16. We have a school garden in connection with our Partners in Education the Arboretum and on school grounds.
17. Our 5th graders do a Legacy Project with grandparents.
18. We do a Blue Zone Challenge.