Brandywine School District  
Wellness Plan  
Revised 4/26/19

Public Law 108-265 Section 204 indicates that Local District Wellness Policies must include the following areas of focus:

1. Goals for the nutrition education, physical activity and other school-based activities.

2. Nutrition guidelines for all foods sold on campus.

3. Assurance that school meals meet USDA regulations.

4. A plan for monitoring the implementation of the Wellness Policy.

5. Involvement of parents, students, representatives of school food authority, the school board, school administrators, teachers of physical education and school health professionals and the public.
# Goals for Nutrition Education

Brandywine School District’s (BSD) Wellness Policy is intended to influence a student’s actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

<table>
<thead>
<tr>
<th>Knowledge of the Myplate</th>
<th>Healthy heart choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sources and variety of foods</td>
<td>Dietary Guidelines for Americans</td>
</tr>
<tr>
<td>Diet and disease</td>
<td>Understanding calories</td>
</tr>
<tr>
<td>Healthy snacks</td>
<td>Healthy breakfast</td>
</tr>
<tr>
<td>Healthy diet</td>
<td>Food labels</td>
</tr>
<tr>
<td>Major nutrients</td>
<td>Multicultural influences</td>
</tr>
<tr>
<td>Serving sizes</td>
<td>Proper food safety/sanitation</td>
</tr>
<tr>
<td>Limiting foods of low nutrient density</td>
<td></td>
</tr>
</tbody>
</table>

## Nutrition Education

The overall goal for nutrition education for Brandywine School District is to promote the integration of nutrition education into all curriculum areas. The Nutrition Education competency will be assessed in the classroom. An impact on student’s behavior will be measured by monitoring production records, and height and weight records.

Integrate nutrition education into the respective subject areas with the help of credentialed nutrition professionals from Department of Education (DOE) and other sources. Students Kindergarten through 12th grades will receive nutrition education that is age appropriate, reflect their cultures, and provide opportunities for them to practice skills. Education will motivate and assist students to improve and maintain healthy choices.

1. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. Materials should be fun for the students and appropriate for their ages. When practical, teachers will enhance nutrition education learning through gardening, food preparation, and during eating experiences. Teachers will be encouraged to include food-centered activities and lessons that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as taste testing, farm visits, school gardens, food preparation, and contests.

2. Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations.

3. Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed. (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc.). The point of sale posters can assist students to make healthy food choices. The classroom, the school dining room,
and other school activities should provide clear messages that explain and reinforce healthy eating. Students should receive messages throughout the school that are consistent and reinforce each other. The cafeteria offers students a laboratory to practice classroom nutrition lessons.

4. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analyses of school menus.

5. Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we will eliminate food and beverage marketing that promotes foods and beverages that do not meet the Smart Nutrition Standards sold individually. School-based marketing of brands promoting predominantly low nutrient foods and beverages will not be permitted.

6. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students. Work with a variety of media to spread the word of what constitutes a healthy food environment.

7. Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between school nutrition and classroom instruction. There are eight components of CSHP that support children’s health so they can succeed in school. It facilitates the sharing and/or maximizing of resources and expertise.

8. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.

9. School Nutrition staff will be present at open houses to discuss the benefits of our cafeteria services. Will emphasize choice of healthy food items.

**Goals for Healthy School Environment**

Schools play a powerful role in influencing students’ dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

The Brandywine School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities sold or served on campus by Administration and or School Nutrition. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district
will follow the nutrition guidelines governing the sale of food, beverage and candy below. The school district is committed to promoting the Wellness Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff.

**Nutrition Guidelines for Reimbursable Meals**

All Brandywine School District students are eligible to participate in the National School Lunch Program (NSLP). The public is notified about the District’ participation in the National School Nutrition program via: (1) annual July public announcements, (2) by sending letters to every parent in the District and by (3) posting information on the BSD website. All reimbursable meals meet Federal nutrient standards as required by the United States Department of Agriculture (USDA) Child Nutrition Program regulations. All BSD menus will be posted on the website and in every cafeteria; and will be distributed in paper form to all K-5 parents in the District. All menus will comply with the current/updated USDA Dietary Guidelines for Meal Patterns when averaged over a school week, and portions should be appropriate for each age group. In addition, the Brandywine School District will:

- Provide students with healthy and nutritious foods
- Foods offered over the course of a school week should emphasize nutrient dense foods and beverages including whole grain products, fiber rich vegetables and fruits
- Support healthy eating through nutrition education by entering every menu item on a board to illustrate which meal component it represents
- Encourage students to select and consume all components of the school meal
- Nutrition information for products offered in snack bars, a la carte, vending and school stores should be readily available at the product display

**Smart Snacks in Schools**

USDA has published the most updated nutrition standards for snack foods and beverages to children at school during the school day. All foods sold in school must meet minimum standards. USDA’s “Smart Snacks in School” nutrition standards will be implemented July 1, 2014.

1. Nutrition standards shall apply to all foods sold at any time during the school day. The school day is defined as the period from midnight the night before, until 30 minutes after the end of the school day.

2. The standards apply over the entire school campus, which includes all areas under the jurisdiction of the school that are accessible to students during the school day.

3. Specific nutrient standards for total fat, saturated fat, trans fat, sodium, calories and total sugar are strictly followed.
Nutrition Standards for Snacks/A La Carte Foods

- Any food sold in schools must:
  - Be a “whole grain-rich” grain product; OR
  - Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; OR
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
  - Contain 10% of Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

- Foods must also meet several nutrient requirements:
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits:
    - Snack items: ≤ 230 mg**
    - Entrée items: ≤ 480 mg
  - Fat limits:
    - Total fat: ≤ 35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  - Sugar limits:
    - ≤ 35% of weight from total sugars in foods
  - Foods exempt from total fat limit of ≤ 35% of calories, saturated fat limit of < 10% of calories, and from weight of total sugars in foods of ≤ 35% include:
    - Reduced fat cheese
    - Nuts and seeds and nut/seed butters
    - Dried fruit with nuts or seeds, with no added nutritive sweeteners or fat
    - Dried/dehydrated fruits or vegetables, with no added nutritive sweeteners
    - Seafood with no added fat
    - Part-skim mozzarella

- Lunch and Breakfast entrée exemptions include:
  - Exemptions for entrée items only
  - Entrée exemption for the day of service and the next school day
  - Side dishes sold as competitive food must meet all standards
  - Most yogurts meet the sugar limit of ≤ 35% of weight from total sugars

*On July 1, 2016, foods may not qualify using the 10% DV criteria.
**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.
How to calculate Fat and Sugar Percentages:

If a Snack (25 gram serving) contains:

- 120 calories
- 4 grams fat
- 5 grams sugar

How to calculate fat percentage of calories:

\[
\text{4 grams fat} \times 9 \text{ calories per gram} = 36 \text{ fat calories}
\]
\[
\frac{36 \text{ fat calories}}{120 \text{ calories}} = 30\% \text{ of calories from fat}
\]

How to calculate sugar percentage by weight:

\[
\frac{5 \text{ grams sugar}}{25 \text{ grams total weight in snack serving}} = 20\% \text{ weight from sugar}
\]

Nutrition Standards for Beverages

- All schools may sell:
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added or artificial sweeteners.

- **Elementary schools**: may sell up to 8-ounce portions,

- **Middle and High schools** may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for **high school students**.

  - No more than 20-ounce portions of:
    - Calorie-free, flavored water (with or without carbonation); and
    - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or \(\leq 10\) calories per 20 fluid ounces
    - No more than 12-ounce portions of beverages with \(\leq 40\) calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces

- **For elementary and middle-schools**, foods and beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances

- **For high schools**, there are no caffeine restrictions

- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps to control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.
OTHER SCHOOL BASED ACTIVITIES (Eating Environment)

1. The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
2. There should be a minimum of 3 hours not more than 5 hours scheduled between breakfast and lunch periods.
3. Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.
4. Lunch periods are scheduled as near the middle of the school day as possible.
5. It is recommended that physical education and recess be scheduled before lunch whenever possible.
6. School Nutrition Staff and School Administration collaborate to provide sufficient space and time for meals.
7. Dining areas are attractive and have enough space for seating all students.
8. Drinking water is available at mealtime for all students and students are permitted access.
9. Students should be encouraged to wash their hands or use hand sanitizer before meals to prevent spread of germs and reduce the risk of illness.
10. Meals and snacks will not be used as a reward or a punishment for student behaviors, unless it is detailed in a students Individualized Education Plan (IEP)
11. Cafeteria snack lines must remain open during school lunch periods to help subsidize School Nutrition expenses unless School Nutrition Supervisor/Specialist approves of closure due to staff shortage. School administrators are not permitted to close Cafeteria operated snack lines as a form of discipline at any time.
12. A list of healthy snacks including snacks that are free of common allergens i.e., peanut-egg-wheat-dairy will be distributed to parents to use as a guide when considering food items.
13. Parent breakfasts/lunches and back to school nights should highlight healthy food options.
14. School Nutrition programs will aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation should not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that do not Smart Snack Nutrition Standards.
15. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the School Breakfast Program and the National School Lunch Program. BSD will not allow students or faculty members to sell food during school breakfast or lunch hours. All events must take place in-between meal time or after school.
16. Students are encouraged to start each day with a healthy breakfast.
17. Safety and security of the food and facility access to the School Nutrition Operations are limited to School Nutrition personnel and other authorized personnel.
VENDING / FUNDRAISING / SCHOOL STORES

1. Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.
2. Cafeteria vended products shall be consistent with established USDA Smart Snack nutrition standards.
3. Snacks and Beverages sold during school hours shall meet the Smart Snack Nutrition Standards but will not be sold during breakfast or lunch periods.
4. Snacks and beverages sold after school hours on campus do not have to meet the Smart Snack Nutrition Standards but must be timer controlled for sales after normal school hours (beginning 30 minutes after the scheduled school-end time (USDA).
5. Schools will promote availability of nutritional snacks at school events after school hours.
6. The Smart Snack Standards provide a special exemption for occasional fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
7. School fundraisers should promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities (see Appendix A and B). However, The Smart Snack standards do not apply during non-school hours, on weekends, and off-campus fundraising events.

FOOD and BEVERAGE MARKETING ACTIVITIES

Marketing activities on any food or beverages that do not meet Smart Snack nutrition guidelines is strictly prohibited on any property owned, leased or controlled by a Local Education Agency (LEA). Any products, such as cups, posters, menu boards, trashcans, food service equipment, vending machines, etc., cannot contain graphic marketing depictions of any foods or beverages that do not meet strict nutrition guidelines. The exception is the use of scoreboards; however, once scoreboards need to be replaced, the new marketing activity requirements must be followed.

PROFESSIONAL DEVELOPMENT

All school nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in the area of food and nutrition. Professional standards for all employees that are regulated by the USDA will be followed.
Goals for Physical Activity

Schools share a responsibility to help students and staff establishes and maintains lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall wellbeing.

Brandywine School District will play a role in influencing students’ physical activity behaviors. We strive to provide both physical and health education to all students throughout their education. We will also provide our students with opportunities for physical activity during the day, which will give students the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education– A qualified physical education specialist provides a developmentally appropriate program of learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes, and behaviors essential to a healthy lifestyle.

Physical Activity- movement of the body that uses energy. This may include daily routine activities such as intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education and Physical Activity

Brandywine School District meets all state requirements for physical education and activity.

1. Students in grades K-12 should receive a quality physical education program that:
   • Is age-appropriate
   • Is taught by a certified physical education teacher
   • Uses the fitness-gram data to guide programming

2. The physical education program should:
   • Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
   • Create a positive atmosphere for all students to participate in physical activities
   • Enhance skills in leadership, teamwork, and self-confidence
   • Utilize technology within the curriculum to enhance motivation and participation
   • Encourage physical activities outside of school

3. The national recommendation of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:
   • Physical Education
• Classroom Activity Breaks
• Structured and Free Style Recess
• After-school programs
• Organized athletic activities after school hours

4. Schools will provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.

5. Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action; nor will physical activity be used as a disciplinary measure.

6. Schools should schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.

7. After-school programs should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants.

8. Nutrition education should be integrated into the classroom with cooperation of the nursing and physical education educators. Nutrition curriculum will educate students on the benefits of proper nutrition and overall health.

9. The benefits associated with healthy eating and physical activity should be shared with community groups and parents via the use of the Brandywine School District Review and Website.

10. All teachers shall have adequate staff development training in Fitness Breaks or participate in school wide brainstorm sessions to incorporate into daily lessons
Communication and Promotion

1. Brandywine School District will involve major stakeholders in the development of the District Wellness Policy including parents, students, school food authority, school board, school administration, and teachers.

2. Health and wellness opportunities are available through Delawell activities offered by the state. Regular communications are provided to keep staff abreast of these opportunities.

3. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating.

4. Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life.

5. School Nutrition Services provides families with opportunities for input and monitoring of their children’s food purchases at the K-12 level through the use of the online parent tool for viewing student purchases.

6. Schools will link nutrition education activities with the coordinated school health program. Examples: GO, SLOW, WHOA!

7. School Nutrition provides food promotions to encourage taste testing of healthy new foods being introduced on the menu.

8. Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, article and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

9. The District provides parents with healthy snack ideas in Appendix A (page 15).

10. It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection.

11. Education materials shall be free of brands and illustrations of unhealthful foods.

12. If your child has special dietary requirements, the District’s Registered Dietitian can be contacted to discuss each individual case.
Monitoring and Evaluation of Wellness Policy

Each school/district should appoint a Wellness Policy Coordinator to assist in the implementation, coordination, and evaluation of the Wellness Policy.

1. The School Wellness Committee shall include parents, students, representatives of school food authority, the school board, school administrators, teachers of physical education and school health professionals and the public staff, parents, students, and community members shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.

2. Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.

3. Facilitating collaboration among administrative and instructional staff.

4. Assisting the superintendent/school principal and other administrative staff with the integration, management, and supervision of the Wellness Policy.

5. Providing or arranging for necessary technical assistance.

6. Facilitating collaboration between the district and other agencies and organizations in the community who have an interest in the health and wellbeing of children and their families.

7. Evaluating the results of the Wellness Policy with specific timelines to ensure accountability.

8. An assessment on the implementation, compliance, and a progress report on the goals of the Wellness Policy will be conducted and communicated every three years to the community; results will be posted on BSD Website.

9. A Wellness Policy progress report will be conducted annually and results will be posted on BSD Website.
Glossary

A la carte foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Food Allergens - a specific allergic reaction that involves the immune system, triggered by a particular food, and is reproduce each time the food is eaten.

Competitive Foods - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs.

Coordinated School Health Program – integrated, planned, school-based programs that were designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

MyPlate - outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of low nutrient density - foods with low nutrient density are more commonly referred to as 'junk food'. They are foods that are high in calories, often from fat or sugar, but contain little (or no) amount of vitamins and minerals.

Food of minimum nutritional value – foods that lack minimum nutritional value from vitamins and minerals (ex: chewing gum, flavored ice bars, candy bars, etc.)

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) – children, who are eligible for special education services, will have a written document that outlines a child's educational program that is tailored to the individual student to provide maximum educational benefit.
Nutrient Analyses – to evaluate a menu to ensure that it meets the appropriate Nutrient Standards.

Nutrient dense foods - foods that are rich or high in nutrients when compared to their calorie content.

Physical Education – A qualified physical education specialist provides a developmentally appropriate program of learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes, and behaviors essential to a healthy lifestyle.

Physical Activity - movement of the body that uses energy

Reimbursable meals – meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods.

School-based marketing – public relations and marketing strategies that focuses on students, teachers and administrators within the school environment.

Trans fats - hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated.
Appendix A  Healthy Celebrations

1. Plan special party games and activities. Have parents provide game supplies, pencils, erasers, stickers instead of food
2. Create a healthy party idea book by asking staff and parent to send in healthy recipes
3. Give children extra recess time and allow the birthday child to choose and lead the activity at recess
4. Provide special time with the principal
5. Ask parents to purchase a book for the classroom or school library instead of sending in food for a student’s birthday.
6. Create a “celebrate me” book. Have classmates write stories or poem and draw pictures to describe what is special about the birthday child.
7. Create a special birthday event for the birthday child. Make a sash and crown and have him/her sit in a special chair.
8. Have the birthday child be the teacher’s assistant for the day. The student can get special tasks done, lead the line and start special activities or tell a story.

Healthy Food Ideas

1. Fruit smoothies (blend frozen berries, bananas, and pineapple) or fruit with low-fat yogurt dip
2. Dried fruit without added sugar or sweeteners
3. Vegetable trays with low-fat dip, celery and carrots with peanut butter (or nut-free alternative) and raisins
4. Whole-grain crackers with low-fat cheese cubes, string cheese, or hummus
5. Whole-grain waffles or pancakes topped with fruit
6. Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers, and animal crackers
7. Angel food cake, plain or topped with fruit
8. Whole-grain bagel slices with peanut butter (or nut-free alternative) or jam, low-fat whole-grain muffin, whole-wheat English muffins and hot pretzels
9. Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
10. Ham or turkey sandwiches or wraps with low-fat cheese and low-fat, low-sodium condiments
11. Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (low-fat yogurt and fruit topped with whole-grain cereal, granola, or crushed graham crackers)
12. Quesadillas or bean burritos with salsa
13. Low-fat whole-grain tortilla chips with salsa or bean dip
14. Trail or cereal mix (whole-grain, low-sugar cereals mixed with dried fruit and pretzels)
15. Nuts and seeds without added fat

*Check for food allergies before serving*
Appendix B  Physical Activity

Suggested Websites for incorporating Physical Activity into the classroom

Active Academics: www.activeacademics.org


PE Central: http://www.pecentral.org/lessonideas/classroom/classroom.asp