

Our School Wellness Policy: What Parents Need To Know

Helping Kids Learn, Grow, and Be Healthy

- Together, parents, school staff, and students can create a healthy school nutrition environment
- Better health = better learners
- Kids with healthier eating patterns and enough physical activity tend to:
  - Have better grades
  - Remember what was taught in class
  - Behave better in class
  - Miss less school time



School Wellness Policy

A wellness policy helps create a healthy school environment.

Our wellness policy talks about:



- Nutrition education



- Physical activity
- Foods and drinks sold to students



- Nutrition promotion



- Food and beverages, not but provided to students



- Food and beverage marketing
- Informing the community, leadership, and more



Our Wellness Policy

- Learn more! Read the full policy at: [insert Web site]
- Information about our policy in other languages is available at: [insert Web site]



Importance of Nutrition Education

- Gives students the knowledge, skills, and confidence to make healthy eating choices.
- Nutrition education may include:
  - teaching about healthy meal patterns
  - reading Nutrition Facts labels
  - identifying sources of added sugars, saturated fats





Get involved! Ask your teacher how you can support nutrition education in the classroom.

Nutrition Promotion

- Encourage students to make healthy nutrition choices
- Here are the nutrition promotion activities taking place in our school **[Insert specific wellness policy language on nutrition promotion. Delete from the examples list below as appropriate]**
  - Taste test
  - Menu contests
  - Cooking competition

How can you get involved?

Volunteer to help with a taste test and come have breakfast or lunch with your child.



TASTE TEST TODAY

Physical Activity & Physical Education

- We want kids to have the opportunity to be physically active at school.
- Recommended physical activity for children and adolescents = 60 minutes or more each day.
- **[Insert what's happening in your school]**

School Sports	Recess Time
Physical Education Classes	School Events Like Walk to School Day
Activity Breaks in the Classroom	After-School Activities



Our School Wellness Policy

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and drinks sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: **[contact info]**



Smart Snacks regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.



Keeping Fundraisers Healthy

- At our school, we make our fundraising efforts healthy and fun, such as:
  - ★ Walk-a-thons or fun runs
  - ★ Jump-rope-a-thon, dance-off, or dance party
  - ★ Selling fruits and vegetables





Help us come up with new ideas for a healthy fundraiser!

Food and Beverages Provided (Not Sold) to Students

Our wellness policy includes:

- **[insert example]**
- **[insert example]**
- **[insert example]**



Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.

Understanding Food and Beverage Marketing



- Where have you seen advertising in our school?
- We want images and messages in our school to support healthy choices.

Get involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact [insert contact name]

Other School-Based Activities

Help implement our policy and promote wellness through other school-based activities, including:

- If you have a green thumb, help us in our school garden.
- Connect with a local farmer and coordinate a field trip.
- Help plan a wellness event (School 5k, Fit Family Friday, etc.).



Wellness Committee

- Parents have the power — let your voice be heard!
- Join our Wellness Committee!

[insert details on meetings- differentiate between District level and school level committees if you have both]



Making It a Team Effort

Lots of people have a hand in supporting student health!

- PE Teachers
- School Nutrition Services
- Students
- Parents
- School Nurses
- School Board
- Principals
- School Counselors
- Community Leaders



Let your voice be heard!

Refer to your handout for more information.

We Need Parents!

- Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at **[insert email]**
- Attend a school board meeting to advocate for more healthy changes.
- Contact **[insert PTA/PTO info]** or team up with other parents to plan a school event promoting healthy food choices and physical activity!

Be a positive role model! Show your child how to make healthy food choices and be active.



Connecting with our Wellness Coordinator

- Your go-to for wellness policy questions.
- Coordinators get everyone excited and spread the message.
- **[insert wellness coordinator information]**
- Contact them to get involved.



Finding Our Wellness Policy

- Find our wellness policy on our Web site: **[insert URL]**
- Contact **[insert wellness coordinator name]** for a copy or if you have questions.
- Available in **[insert other languages the policy is available in] at [insert URL location]**.

Read the full policy to see how it supports our work to build a culture of wellness at {insert name of school/district}.

Pop Quiz!

1. Can we change our wellness policy?
2. How can I get more information about school meals or Smart Snacks?
3. How often is the wellness policy updated?
4. Are students involved on the school wellness committee?
5. Who do I contact about starting a wellness event at my school?



Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact your School Foodservice Director and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated? **[insert specifics on timeline and process]**
4. Are students involved on the school wellness committee? **[insert response]**
5. Who do I contact about starting a wellness event at my school? **School Nutrition Director**

Thank you

Thank you for your time and commitment to wellness in our school!

