



Be A
School Wellness
Champion



Our School Wellness Policy:
DALE COUNTY SCHOOLS

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



Creating a Healthy School Environment

A wellness policy helps create a healthy school environment.
Our wellness policy talks about:



○ Nutrition education



○ Food and beverages, not sold, but provided to students



○ Physical activity

○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more



○ Nutrition promotion



Making It a Team Effort

We all have a hand in supporting our student's health.
Let Your Voice Be Heard!

PE Teachers

School
Nutrition
Services

Students

Parents

School Nurses

School Board

Principals

School
Counselors

Community
Leaders



Wellness Committee

- ★ We need representatives from the entire school community to help us create a wellness policy and build a culture of wellness.
- ★ Join our wellness committee!



Our Wellness Policy

- Learn more! Read the full policy at:
www.dalecountyboe.org



Foods Sold to Students

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and beverages sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: **Audra Reeves, CNP**
Director @ 334-774-2355 ext. 4 or
areeves@dalecountyboe.org

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



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

Food and Beverages Provided (Not Sold) to Students

Our wellness policy includes:

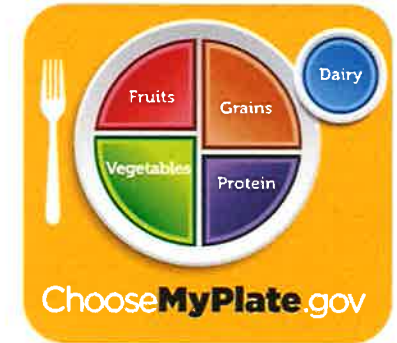
- ★ **Policies to promote overall wellness for students**

What healthy celebrations have you had in your classroom?
What healthy rewards do you give?



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
- ★ Nutrition education in our school:



Get involved! What types of nutrition education do you use in the classroom?

Team Nutrition Resources

- ★ Visit Team Nutrition Resource Library to find Nutrition Education materials for free!
- ★ Lessons connected to educational standards.
- ★ School garden activities.
- ★ Free posters, parent handouts, eBooks, and more!
- ★ <http://www.fns.usda.gov/tn/team-nutrition>



Nutrition Promotion

- ★ Encourages students to make healthy nutrition choices.
- ★ Ideas to implement our policy include:
 - Use nutrition posters in your classrooms
 - Partner with the cafeteria manager to do a taste-test in your classroom
 - Make a classroom activity around naming new lunch menu items



**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.

School Sports

Physical Education Classes

Activity Breaks in the Classroom

Recess Time

School Events Like Walk to School Day

After-School Activities



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.
- ★ Look around your classrooms to see if you have any food or beverage marketing.

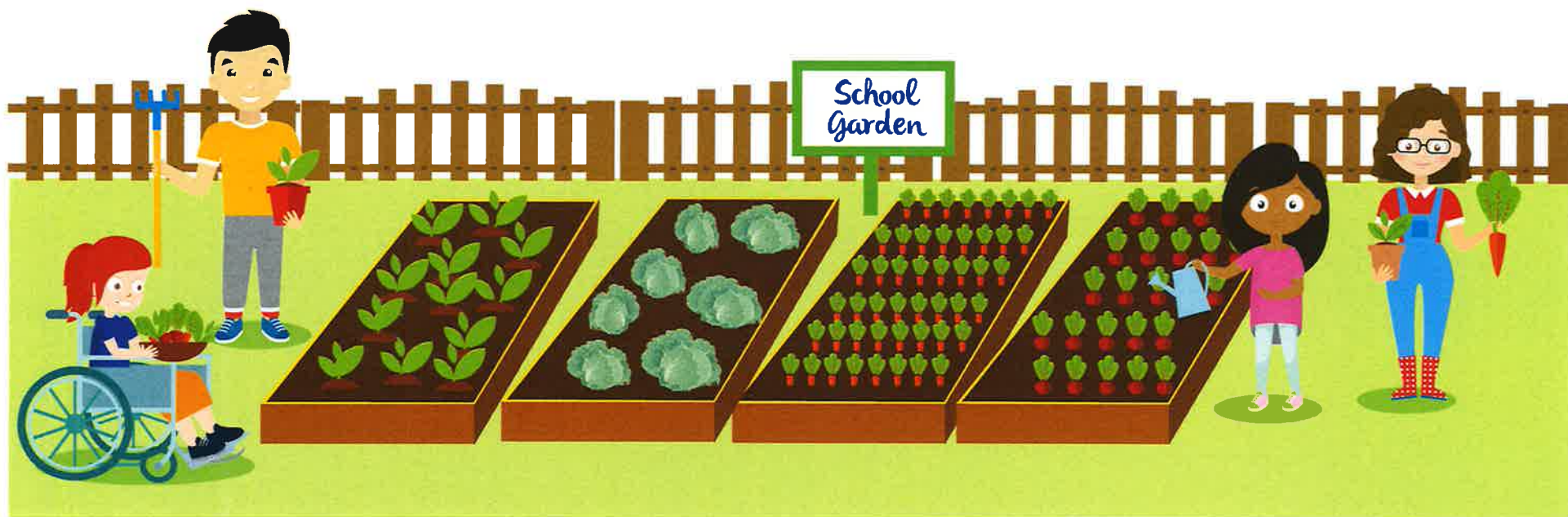


Get Involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact Audra Reeves, CNP Director, 334-774-2355 ext 4 or areeves@dalecountyboe.org

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.
- Team up to provide a fun, interactive activity during our health fair (School 5k, Fit Family Friday, etc.).



Finding Our Wellness Policy

Find our wellness policy...

- ★ You can find our wellness policy on our Web site: www.dalecountyboe.org
- ★ Contact **Audra Reeves, CNP Director**, areeves@dalecountyboe.org or **Melissa Mesey**, newtonlr@dalecountyboe.org for a copy or if you have questions.

Read the full policy to see how it supports
our work to build a culture of wellness

Connecting with our Wellness Coordinator

- ★ Your go-to person for wellness policy questions.
- ★ The Coordinator gets everyone excited and spreads the message.
- ★ Contact the Coordinator to get involved.



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 adding nutrition education or promotion into my classroom?



Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact our School Nutrition Director and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated?
As needed by the committee
4. Are students involved on the school wellness committee? **Yes**
5. Who do I contact about adding nutrition education or promotion into my classroom? **Audra Reeves, areeves@dalecountyboe.org or Melissa Mesey, newtonlr@dalecountyboe.org**

Thank you

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

