

BE AN EVSC HEALTHY SCHOOL



In an EVSC healthy school:

- Students are more successful
- Staff is healthier, more productive and less stressed
- Community is more supportive

IT STARTS AT THE TOP

- PRINCIPALS ARE AN AGENT OF CHANGE
- Model and support district guidelines
- Educate & encourage staff, PTA/PTSA, booster clubs & parents
- Teach nutrition education
- Market & advertise only foods meeting the Smart Snack guidelines



CELEBRATIONS

- CELEBRATE THROUGHOUT THE YEAR
- Use non-food and non-beverages as rewards, incentives, & for celebrations
- Fundraisers meet *Smart Snack* guidelines
- Follow the approved popcorn recipe
- Strive to use non-food fundraisers outside the school day



SCHOOL LUNCH

- SCHOOL LUNCH IS DELICIOUS & NUTRITIOUS
- Discourage restaurant food
- Pack home lunches with nutritious foods
- Promote milk & water as healthy choices
- Drink plenty of water throughout the day
- Encourage students to take water breaks



PHYSICAL ACTIVITY

- ACTIVITY INCREASES FOCUS & MOVING IMPROVES MENTAL HEALTH
- Discourage withholding recess or PE as a consequence
- Focus students with deep breathing
- Energize students with a brain break
- Turn morning or afternoon holding into physical activities



WELLNESS POLICY

- WANT TO KNOW MORE?
- Check out our Wellness Policy on the EVSC website at www.evscschools.com

