

Be A  
School Wellness  
Champion



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



○ Food and beverages, not but provided to students



○ Physical activity



○ Foods and drinks sold to students



○ Food and beverage marketing

○ Nutrition promotion



○ 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

Physical Education Classes

Activity Breaks in the Classroom

Recess Time

School Events Like Walk to School Day

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!

