

## School Wellness

St. Vrain's School Wellness program is designed to encourage healthy eating and physical activity at school. Our goal is to make the healthy choice the easy choice every day.



**Let School Wellness help you!**

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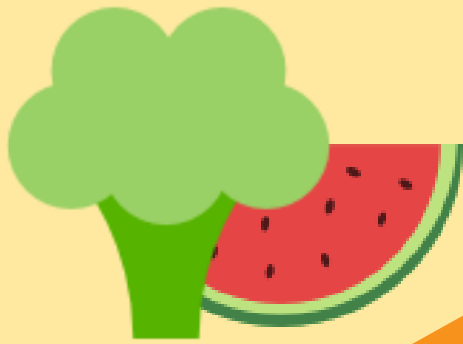


St. Vrain believes that student health is integrally connected to student achievement and that healthy students feel better, learn better, and grow into healthy adults.

At the core of our programs are healthy food guidelines and physical activity best practices, which follow and advance our Wellness Policy.

Our continued success is dependent on the support and inspiration of parents, teachers, students and community partners.

Don't miss out on these amazing programs.  
Select from the lists below or we can customize a program just for your school!



### In the Classroom

MyPlate Nutrition Education  
STEM Projects  
Farm Field Trips  
Food through Art  
School Gardening  
Farm to School Activities

### In the Cafeteria

Harvest Days  
Make a Rainbow Day  
National School Lunch Week  
National School Breakfast Week  
Food Waste Challenge  
Chef Demo's and Cook-Off's  
Cooking Matters\*

### Before or After School

Walk to School Day  
Bike to School Day  
Walk and Wheel Days  
Bike and Pedestrian Rodeo  
Girls on the Run

### For PTO's & PTA's

School Wellness Teams  
Healthy Fundraisers  
Healthy Rewards  
Healthy Celebrations  
Wellness Fair  
Farmer's Markets

