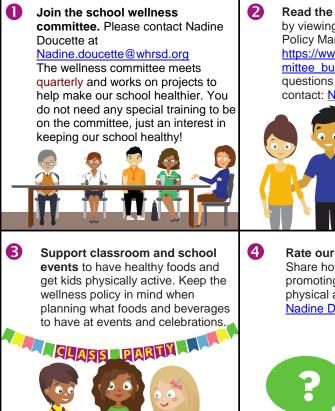


Parents, we need your help to make our school healthier!

Children spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition also helps kids learn better at school. Our school wellness policy tells how our school is making the healthy choice, the easy choice for kids. Parents can help update the school wellness policy and to put it into action.

4 ways parents can help:



Read the school wellness policy by viewing our Online District Policy Manual https://www.whrsd.org/school_com mittee_budget/district_policies. For questions or more information, contact: Nadine Doucette.



Rate our school wellness. Share how our school is doing in promoting good nutrition and physical activity by emailing: <u>Nadine Doucette</u>.



What is in our school wellness policy?

The full school wellness policy is online at:

https://www.whrsd.org/. Major topics in the policy are:

- Nutrition education and promotion
- Physical activity
- Other wellness activities (such as school gardens and walk/bike to school)
- Nutrition standards for all foods and drinks sold to kids at school
- Foods and drinks that may be given to students (such as at classroom celebrations or foods given as rewards for behavior)
- Food and beverage marketing

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning.

