

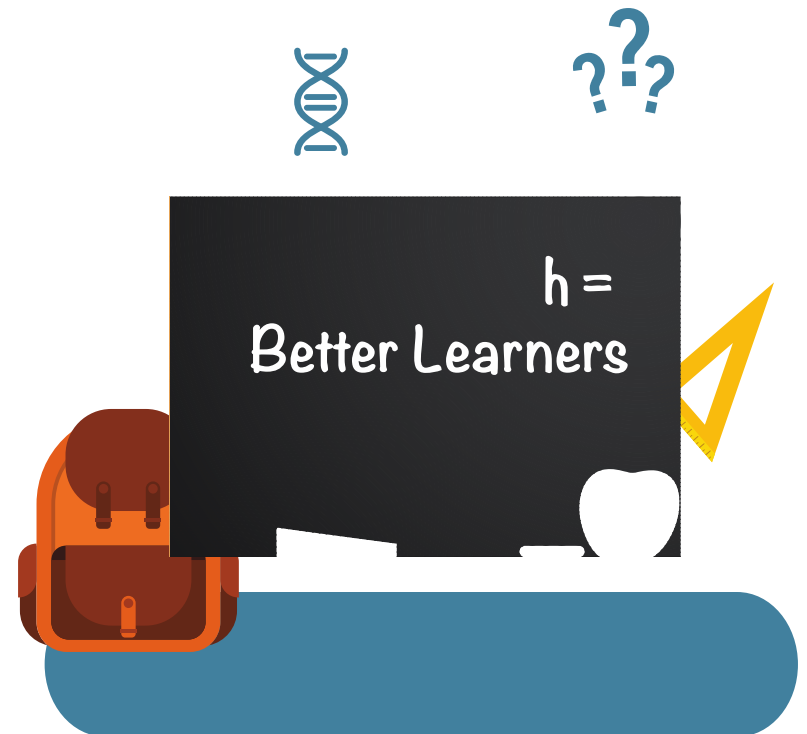
Be A
School Wellness
Champion



Our School Wellness Policy:
What School Staff 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



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



**Join the
Team!**

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! Email will be sent from the principal to join.



Our Wellness Policy

- Learn more! Read the full policy at: Will share it with you through email. Once updated, it will be posted on the school website.



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.
- <https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>
- Questions? Contact: Wellness Committee

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/ Sled -a-thon or fun runs
 - ★ Jump-rope-a-thon,
 - ★ Selling fruits and vegetables (foods and beverages that meet or exceed the Smart Snacks nutrition standards).



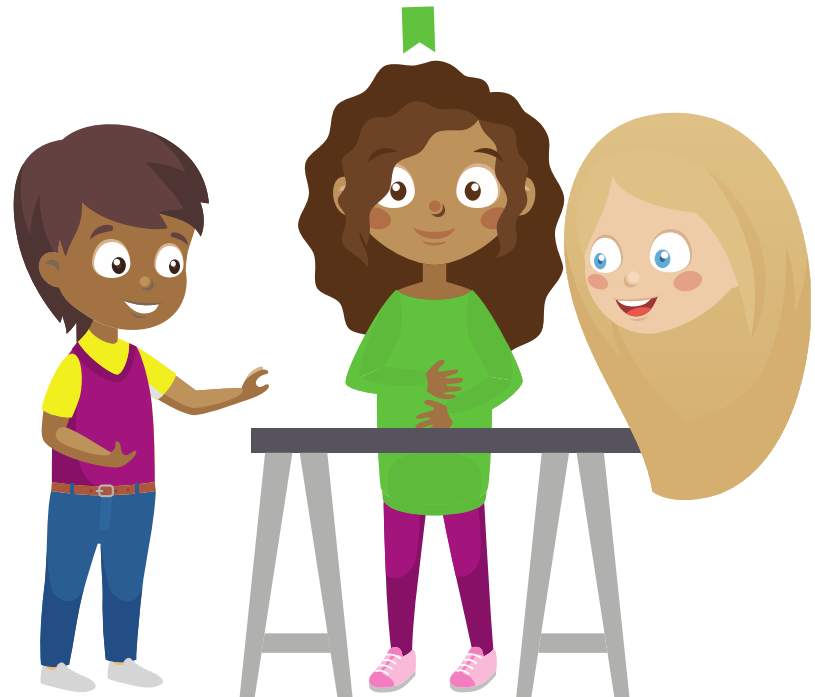
Get Involved! Help us come up with new ideas for a healthy fundraiser!

Food and Beverages Provided (Not Sold) to Students

Our wellness policy includes:

- **Rewards and incentives:** Foods and beverages should not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- **Celebrations and parties:** non-food celebration ideas.
- **Classroom snacks brought by parents:** Teachers can share a list of healthy choices that meet the smart snack nutrients standards.

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:
How many of you incorporate nutrition education into your lesson plans or classroom activities?



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 food manager to do a taste-test in your classroom(new idea)

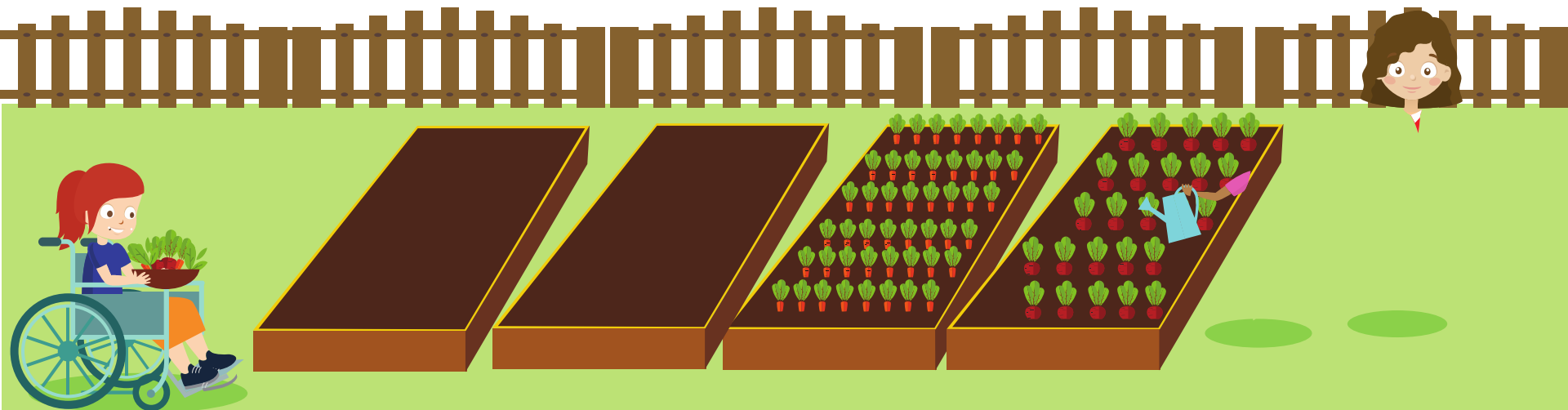


**TASTE TEST
TODAY**

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**.



Physical Activity & Physical Education

- ★ We want kids to have the opportunity to be physically active at school.
- ★ Recommended physical activity for 60 minutes or more each day.

School Sports



The Classroom

**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 the committee.

Finding Our Wellness Policy

Find our wellness policy...

- ★ You can find our wellness policy on our Web site:

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

Thank you

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



Our School Wellness Policy :

2nd Meeting

STAR Strategies for Implementing a Local School Wellness Policy

• 2nd Meeting, October 4th

- Welcome Ms. Malak to the committee
- STAR Webinar ([Link](#))– (46 MINUTES)
 - a) Local School Wellness Policy Final Rule and Team Nutrition Resources
 - b) Strategies for implementing a local school wellness policy
- Plan for next meeting (In-Service)- Make a presentation to all staff
- Start Updating the policy (Deadline will be October 19th)



Creating a Healthy School Environment

- ◉ Nutrition education (Sr. Nada)

- ◉ Physical activity (Sr. Dua)



- ◉ Foods and drinks sold to students (Leila & Nimo)

- ◉ Food and beverages, not sold, but provided to students (Sr. Nimo & Sr. Leila)



- ◉ Nutrition promotion (Sr. Malak)



- ◉ Food and beverage marketing (Sr. Nimo & Sr. Leila)



- ◉ Communication, Informing the community, leadership, and more (Sr. Hana)

