

# Be A School Wellness Champion



## 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:

**1 Join the school wellness committee.**  
The wellness committee meets four times a year and works on projects to help make our school healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy!



**2 Read the school wellness policy** at <http://www.hickmanschools.org/>  
For questions or more information, contact Cathy Thomasson 209-874-5742



**3 Support classroom and school events** to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.



**4 Rate our school wellness.**  
Share how our school is doing in promoting good nutrition and physical activity.



### What is in our school wellness policy?

The full school wellness policy is online at:  
<http://www.hickmanschools.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.

**Better Health = Better Learners**