



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

○ Informing the community, leadership, and more

○ Nutrition promotion



Our Wellness Policy

- Learn more! Read the full policy at:
www.enterpriseschools.net



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
 - Kid Created Menu's
 - Taste Testing
 - Farm to School

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.
- ★ **Moving for Miles, Family Fun Run, and Color Run**

School Sports

Physical
Education
Classes

Activity Breaks
in the Classroom

Recess Time

School Events
Like Walk to
School Day

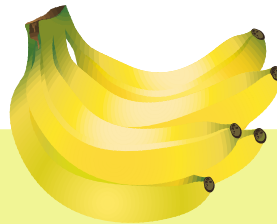
After-School
Activities



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: **334-347-7572**

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!

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!



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!

Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:
www.enterpriseschools.net / **Child Nutrition**
- ★ Contact **Julie Harmon** for a copy or if you have questions.
- ★ 334-347-7572

Read the full policy to see how it supports our work to build a culture of wellness at Enterprise City Schools.

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? **Annually or more if needed**
4. Are students involved on the school wellness committee? **Yes**
5. Who do I contact about starting a wellness event at my school? **School Principal**

Thank you

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

