

Jeffco Healthy Schools

Family and Classroom Wellness Guidelines

Policy Overview

As required by law, Jeffco's Wellness Policy and Guidelines include standards for foods shared in schools.

Why?

Improve Nutrition

Address Allergies

Promote Equity

Protect Family Decisions on Food

Student birthdays should only be recognized with non-food celebrations, starting in 2018-19.

Students can still have **FUN** and celebrate with their classmates!

Birthdays

Over **50%** of schools already had a similar policy in place.

Actions for Schools:

- ★ Clearly communicate these standards with families and engage family groups
- ★ Work with students to determine other non-food options for celebrating birthdays
- ★ Ask families to not bring in food to share (this does not apply to food for individual consumption)

Ideas from Jeffco Students

Students love this free and healthy option!



Extra recess with birthday student picking a game



Wear a sash or crown, sit in a special chair while class sings



Grab bags with fun items, like stickers, markers, small toy, etc



Have an outdoor bubble party



Do an art project to make cards or a coloring project



Play the student's favorite song/music



Read a favorite book aloud, have a birthday parade, or play a favorite game



Have a "Celebrate" poster to share kind words



Donate a ball, have class sign it, and play a game



To access the full Wellness Policy and Guidelines including standards for food as reward and holiday celebrations, visit: www.tinyurl.com/jeffcohealthyschools

