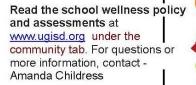
## Parents, we need your help to make our school healthier!

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:

Join the school wellness
committee. The wellness committee
meets 4 times per 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!





CLASS PARTY



**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.

Rate our school wellness.

Share how our school is doing in promoting good nutrition and

promoting good nutrition and physical activity.

## What is in our school wellness policy?

The full school wellness policy is online at:
www.ugisd.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