Wellness - Monthly Newsletter Blurb 2025-2026

November–Smart Snacks:

1. Almost a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day.
4. When Smart Snacks are available, the healthy choice is the easy choice.
5. Smart Snacks in Schools standards are a federal requirement for all foods and beverages sold in school beyond the meals from the Federal Child Nutrition Programs. The nutrition standards apply to all food and beverages sold to students on the school campus during the school day. This includes food and beverages sold a la carte in the cafeteria, in school stores, snack bars, vending machines, fundraising and other venues throughout the school campus.

Smart Snacks Quick Guide HERE

October: Think about Non-food rewards, incentives and celebration ideas

- Recess with a Relative instead of Donuts with Grownups
- 30 minute party (2:30-3:00pm): students usually rotate through a gross motor game, fine motor game, and craft for 10 minutes each.
    - MOVE THAT BONE
        - After learning about all the bones of the human body, play a game of Move that Bone! • Similar to Simon Says, students will be directed to move certain bones. • For example "Simon says wiggle your tibia!" • Have fun trying to move all the bones of the body.
    - **Gourd Spoon Challenge**
        - This game is similar to an egg and spoon race. Split your students into six teams. Each person on a team must balance small gourds on a wooden spoon as they walk around a mini pumpkin and back. If a student drops the gourd they must go back to the start line and try again. The first team with all members to successfully make it back wins.
- Prizes are often non-edible items like temporary tattoos, stickers, pencils, treasure box items, jump rope
- Art Party
- Have the students design, build and run their own obstacle course
- Parents can bring in the ingredients and kids can make their own.
    - Trail Mix: pretzels, dried fruit, whole grain-low sugar cereals, sunflower or sesame seeds, dark chocolate chips, etc.
    - Fruit Salad: apples, oranges, strawberries, blueberries, bananas, kiwi, pineapple, etc.

- Water — try infusing with fruit!

September 2025

Throughout this year, the District Wellness Committee will spotlight key topics within our purview to help raise awareness and promote student well-being. Did you know that we have a Wellness Plan for the district? We do!

The purpose of the Wellness Plan is to provide a consistent message for the health of students in grades PreK-12. The Wellness Plan, created by the Wellness Committee, is designed to reinforce the district's commitment to student wellness. The Wellness Plan is intended to provide a roadmap for schools to promote student, staff, and community wellness.

The 5 Pillars: Nutrition, Nutrition Promotion and Education, Physical Activity, Integrated School Based Wellness, Social Emotional Wellbeing

We encourage you to explore the Wellness Plan and discover the many ways we are supporting student wellness. Link to Wellness Plan is on Wellness webpage