

Wellness
Committee
Update
SY 2024-25

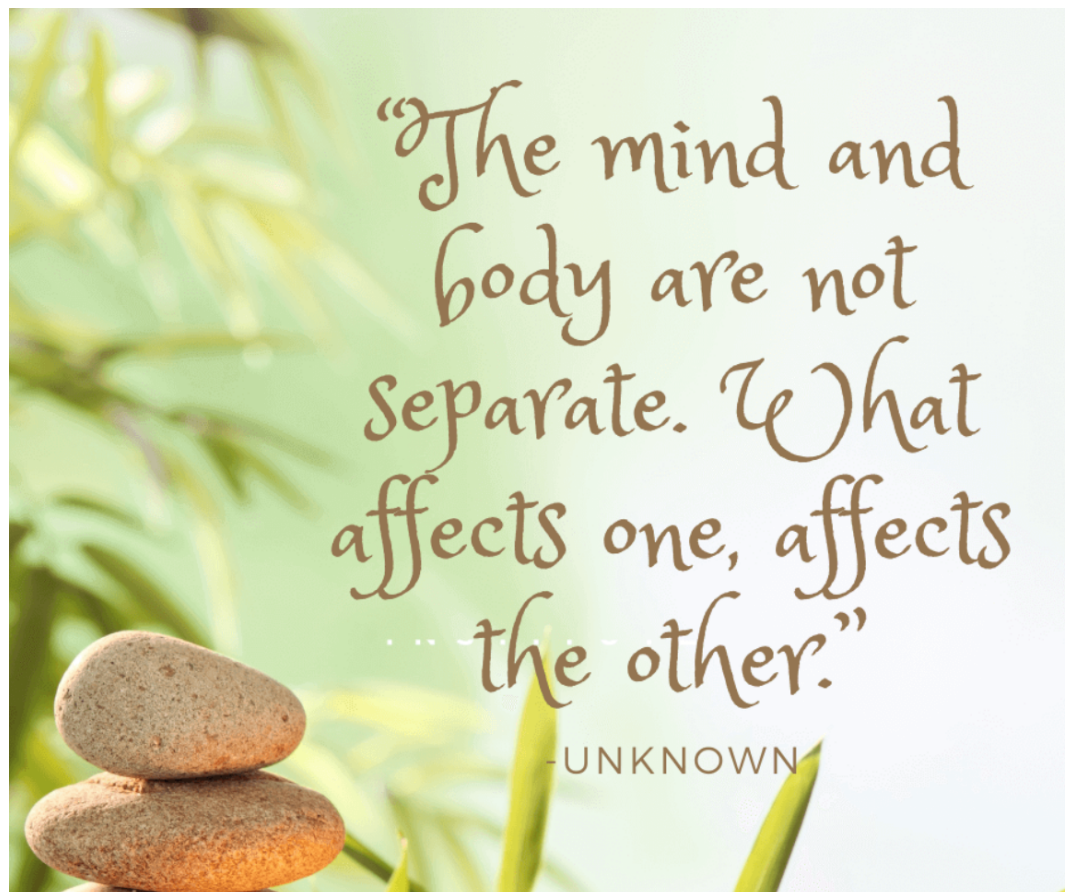
Wellness is Where It is At!

*Wellness is the
Power of WE!*

“The greatest wealth is health.” –Virgil

SLCUSD Wellness Policy BP 5030

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. [Link to SLCUSD Wellness Policy BP 5030](#)



“Let thy food be thy medicine and thy medicine be thy food.” – Hippocrates

Class Parties and Celebrations

[Ideas For Healthy School Celebrations](#)

Classrooms have many celebrations throughout the year from birthday celebrations to holiday parties. With these celebrations, often comes unhealthy food, which can contribute to unhealthy eating patterns. However, with the help from teachers, parents, and school staff the focus can be shifted from unhealthy food to healthy fun!

Wellness Resources

One of our goals is to share the message of nutrition and wellness. Our website provides information on nutrition education and student wellness for teachers, parents, and students.

California Department of Education and USDA

[CDE Local School Wellness Policy](#)

[USDA Triennial Assessment](#)

CDE Nutrition Guidelines

[CDE Competitive Foods and Beverages Guidelines](#)

Rewards

[Ideas for Non-Food Rewards](#)

[Constructive Classroom Rewards](#)

School Nutrition Program

[The School Day Just Got Healthier](#)

[Harvest of the Month Newsletters and Video Library](#)

[Rethink Your Drink](#)

Social Emotional Well-Being

[Mind Yeti](#)

[Never A Bother](#)

[Whole School, Whole Community, Whole Child \(WSCC\)](#)

Staff Well-Being

[Employee Wellness Guide](#)

[A Toolkit for Supporting the Implementation of School Employee Wellness in Districts/ Schools](#)

Physical Activity

Movement in the classroom has been shown to boost students' daily minutes of physical activity and support academic learning through improved behavior and focus.

[Strategies for Classroom Physical Activity in Schools](#)

[GoNoodle](#)

[Classroom Physical Activity](#)
