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

- Physical activity
- Foods and drinks sold to students

- Nutrition promotion

- Food and beverages, not sold, but provided to students

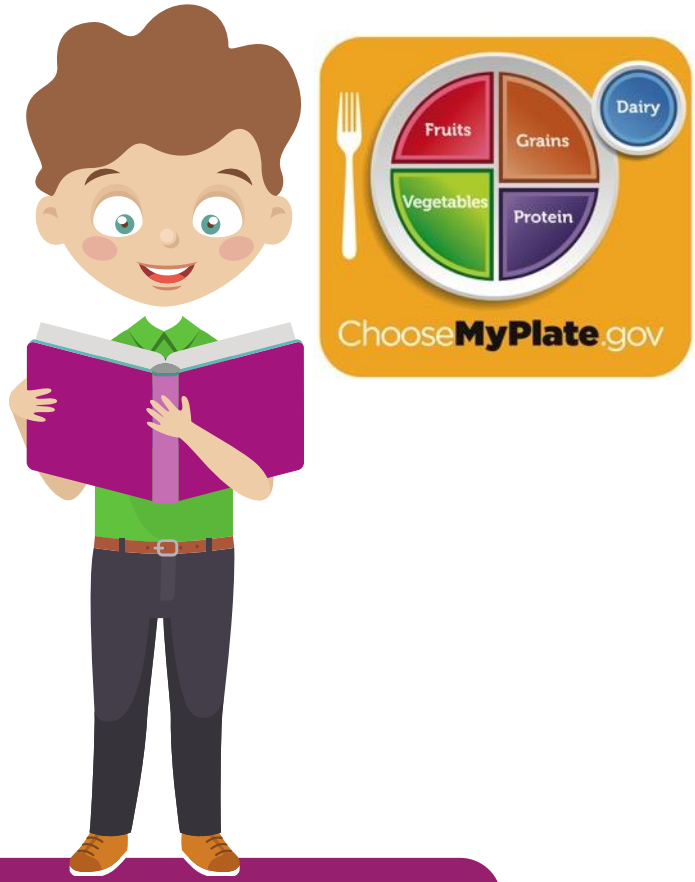
- Food and beverage marketing
- Informing the community, leadership, and more

Our Wellness Policy

- Learn more! Read the full policy at: http://www.acs-k12.org

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
  - Taste test
  - Cooking classes
  - School Gardens

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.

School Sports	Recess Time
Physical Education Classes	School Events Like Walk to School Day
Activity Breaks in the Classroom	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: **Tandy Blackwell at 256-233-6600**

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!

Understanding Food and Beverage Marketing

- Where have you seen advertising in our school?
- We want images and messages in our school to support healthy choices.

Get involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact Tandy Blackwell at tandy.blackwell@acs-k12.org or 256-233-6600.

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.).

Get involved!
Please contact
tandy.blackwell@acs-k12.org

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!

We Need Parents!

- Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at **tandy.blackwell@acs-k12.org**
- Attend a school board meeting to advocate for more healthy changes.
- Contact **School PTO** or team up with other parents to plan a school event promoting healthy food choices and physical activity!

Be a positive role model! Show your child how to make healthy food choices and be active.

Connecting with our Wellness Coordinator

- Your go-to for wellness policy questions.
- Coordinators get everyone excited and spread the message.
- **Tandy Blackwell**
- **256-233-6600**
- Contact them to get involved.

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? **As needed and evaluated every year.**
4. Are students involved on the school wellness committee? **Yes**
5. Who do I contact about starting a wellness event at my school? **School Nutrition Director**

Thank you

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