Be A

School Wellness Champion



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:

1. **Join the school wellness committee.** Our next meeting is in May – please watch the website for more information!
The wellness committee meets twice a 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!



2. **Read the school wellness policy** at https://www.lclsd.org/departments/wellness-policy-committee. For questions or more information, contact: shawndra.slack@lclsd.org



3. **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.



4. **Rate our school wellness.** Share how our school is doing in promoting good nutrition and physical activity contact: shawndra.slack@lclsd.org



What is in our school wellness policy?

The full school wellness policy is online at: https://www.lclsd.org/departments/wellness-policy-committee



- **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