



School Wellness Policy-What Parents Need to Know

The implementation of the school district wellness policy makes your school a healthier place for your child. Federal law requires school districts to develop a wellness policy that sets goals for nutrition education and physical activity; establishes nutrition guidelines for foods sold at school; and other goals to promote a healthier school environment.

The district wellness committee of teachers, parents, students, school administrators, school board members and community partners developed the local policy and carry out projects to implement the policy. The policy is reviewed annually and parents are encouraged to offer suggestions for improvements and serve on the committee.

The policy supports family and community efforts to promote child wellness and student achievement. Active, well nourished children are more successful in the classroom and do better on tests.

Healthy lifestyles, nutritious meals and physical activity should be part of children's lives every day and not just during school hours. Parents are important role models and a strong influence on children's food choices and the physical activity opportunities available for them.

How Parents Can Support the New Wellness Policy

- Parents are encouraged to follow the nutrition guidelines when providing food for classroom parties and school events
- Booster clubs and other groups are encouraged to support non-food fundraisers or sell food items that meet the district nutrition guidelines
- Students are encouraged to make nutritious food choices. Parents can support that effort by providing healthy choices when packing snacks and bag lunches
- Elementary students should wear clothes and shoes that are comfortable for daily physical activity
- Visit the school and talk to the Principal to find out what is being done to implement the policy and work with the PTO/PTA to support changes
- Look for more suggestions at www.PTA.org

Find our wellness policy on the district website or check with the Principal for further information.