

Here's how we are raising a generation of healthier students!



YOUR LOCAL WELLNESS POLICY

Each school will establish & maintain a School Wellness Team - which will meet a minimum of 4 times/year

SKILL-BASED NUTRITION EDUCATION

Integrated into academics teaching students to make nutritious and enjoyable food choices



Family & Community Involvement



Professional Development for Teachers

Physical Education & Physical Activity



In addition to required physical education minutes, students will be provided with physical activity opportunities before, during and after school.



Denying PA as punishment is prohibited

School Environment

Staff and parents are encouraged to be healthy role models



All foods and beverages sold to students will follow the new USDA Smart Snacks in School Guidelines.



Staff are strongly encouraged to use non-branded food & beverages while with students.

Smart Rewards



Occasional classroom celebrations will include nutritious foods & beverages.



Staff will not use food or beverages as rewards.

Contact Nutrition Services before engaging in any food or beverage sales.



Kids who move more and eat healthy



Are ready to learn!