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
A wellness policy helps create a healthy school environment. Our wellness policy talks about:

- Nutrition education
- Food and beverages, not but provided to students
- Physical activity
- Food and beverage marketing
- Foods and drinks sold to students
- Informing the community, leadership, and more
- Nutrition promotion
Our Wellness Policy

- Learn more! Read the full policy at:

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

Nutrition Education provided in elementary classrooms by CPS Nutrition Services staff
Nutrition Promotion

★ Encourage students to make healthy nutrition choices
★ Here are some of the nutrition promotion activities taking place in our school
  • Taste test
  • National School Lunch Week
  • National School Breakfast Week
  • Rainbow Days
Follow us on twitter: CPS Nutrition@cpslunch for more nutrition activities

How can you get involved?
Volunteer to help with a taste test and come have breakfast or lunch with your child.
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.

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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.

**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!
Food and Beverages Provided (Not Sold) to Students

See CPS Nutrition Service website for healthy school party/snacks list

Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.
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.).
Making It a Team Effort

Lots of people have a hand in supporting student health!

Join the Team!

PE Teachers, School Nutrition Services, Students, Parents, School Nurses, School Board, Principals, School Counselors, Community Leaders
We Need Parents!

* 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.
Thank you

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