



Our School Wellness Policy:
What School Staff 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



Creating a Healthy School Environment

A wellness policy helps create a healthy school environment.

Our wellness policy talks about:

○ Nutrition education



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



○ Physical activity



○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more

○ Nutrition promotion



Making It a Team Effort

We all have a hand in supporting our student's health.

Let Your Voice Be Heard!

PE Teachers

School
Nutrition
Services

Students

Parents

School Nurses

School Board

Principals

School
Counselors

Community
Leaders



**Join the
Team!**

Wellness Committee

- ★ We need representatives from the entire school community to help us create a wellness policy and build a culture of wellness.
- ★ Join our wellness committee!
- ★ Contact 425-385-4380 or FoodServices@EverettSD.org for more information.



Our Wellness Policy

- Learn more! Read the full policy by clicking [here](#).
- Information about our procedures can be found [here](#).
- To help determine if an item meets our wellness policy, click [here](#) for the calculator and other tools. The calculator does not identify artificial sweeteners in beverages which is not allowed.



Foods Sold to Students

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and beverages sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: [425-385-4380](tel:425-385-4380)

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

Get Involved! Help us come up with new ideas for a healthy fundraiser!



Food and Beverages Provided (Not Sold) to Students

Our wellness policy includes:

- ★ **Water**
- ★ **Low fat milk and milk alternatives**
- ★ **Fruits and vegetables (including 100% fruit/vegetable juice)**
- ★ **Light popcorn**

What healthy celebrations have you had in your classroom?
What healthy rewards do you give?



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 in our school:
 - School menus
 - Harvest of the Month fliers
 - Health and fitness fairs



Get involved! What types of nutrition education do you use in the classroom?

Team Nutrition Resources

- ★ Visit Team Nutrition Resource Library to find Nutrition Education materials for free!
- ★ Lessons connected to educational standards.
- ★ School garden activities.
- ★ Free posters, parent handouts, eBooks, and more!
- ★ <http://www.fns.usda.gov/tn/team-nutrition>



Nutrition Promotion

- ★ Encourages students to make healthy nutrition choices.
- ★ Ideas to implement our policy include:
 - Use nutrition posters in your classrooms
 - Partner with the cafeteria manager to do a taste-test in your classroom
 - Make a classroom activity around naming new lunch menu items
 - Experience working in school gardens



**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

**Physical
Education
Classes**

**Activity Breaks
in the Classroom**

Recess Time

**School Events
Like Walk to
School Day**

**After-School
Activities**



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.
- ★ Look around your classrooms to see if you have any food or beverage marketing.

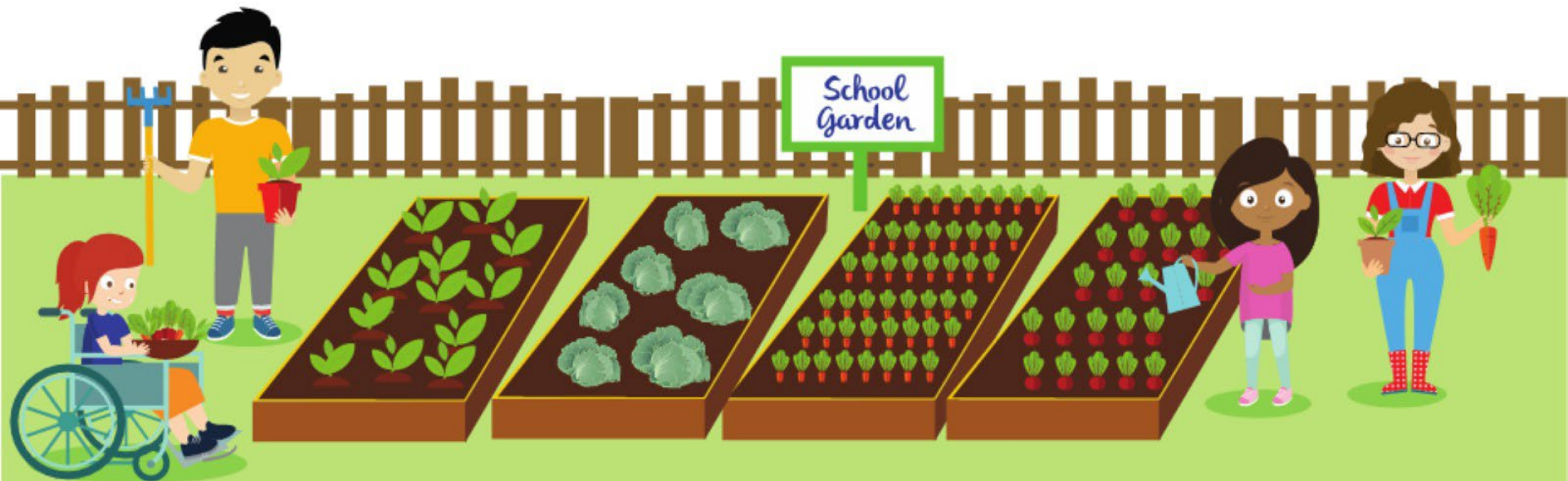


Get Involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact
Shelly Mackie 425-385-4383

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.
- Team up to provide a fun, interactive activity during our health fair (School 5k, Fit Family Friday, etc.).



Finding Our Wellness Policy

Find our wellness policy...

- ★ You can find our wellness policy on our Web site:
www.EverettSD.org/Page/15662
- ★ Contact **Shelly Mackie 425-385-4383**
for a copy or if you have questions.

Read the full policy to see how it supports
our work to build a culture of wellness at
Everett Public Schools

Connecting with our Wellness Coordinator

- ★ Your go-to person for wellness policy questions.
- ★ The Coordinator gets everyone excited and spreads the message.
- ★ **Shelly Mackie 425-385-4383 or Smackie@EverettSD.org**
- ★ Contact the Coordinator 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 adding nutrition education or promotion into my classroom?



Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact our School Nutrition Director and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated? **Periodically**
4. Are students involved on the school wellness committee? **YES**
5. Who do I contact about adding nutrition education or promotion into my classroom? **Shelly Mackie 425-385-4380 or Smackie@EverettSD.org**

Thank you

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

