



Our School Wellness Policy: What Parents Need To Know

Helping Kids Learn, Grow, and Be Healthy

- ★ Together, families, 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



School Wellness Policy

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



Our Wellness Policy

- Learn more! Read the full policy at:
https://www.llsd.org/Food_Services



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



Get involved! Ask your teacher how you can support nutrition education in the classroom.

Nutrition Promotion

- ★ Encourages students to make healthy nutrition choices
- ★ Here are just a few of the nutrition promotion activities taking place in our school:
 - School Garden
 - Field Trips to Local Farms
 - Taste Tests & Menu Sampling



How can you get involved?

Contact Lori Bednarek at
BednarekL@LLSD.org

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.
- ★ Physical activities at our schools included:
 - ★ Outdoor and/or Indoor Recess
 - ★ A Community Walking Trail
 - ★ Playgrounds and Open Fields on All Campuses
 - ★ Extra-Curricular Athletic Programs
 - ★ A Variety of Exciting Clubs
 - ★ After School Yoga & Yoga Breaks



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.
- Questions? Contact:

Jodi McMillan

Food Service Director

Metz Culinary Management

McMillanJ@LLSD.org



Keeping Fundraisers Healthy

At our school, we make our fundraising efforts healthy and fun, such as:

- ★ Walk-a-Thons and Fun Runs
- ★ Teacher vs. Student Athletic Competitions
- ★ Awareness Campaigns

We welcome everyone to help us come up with new and innovative ideas for healthy fundraisers!



Food and Beverages Provided (Not Sold) to Students

Our wellness policy encourages classroom special events to include:

- ★ Promotion of Smart Snacks
- ★ Inclusion of Non-Food Donations
- ★ Healthy Physical Activities

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.).



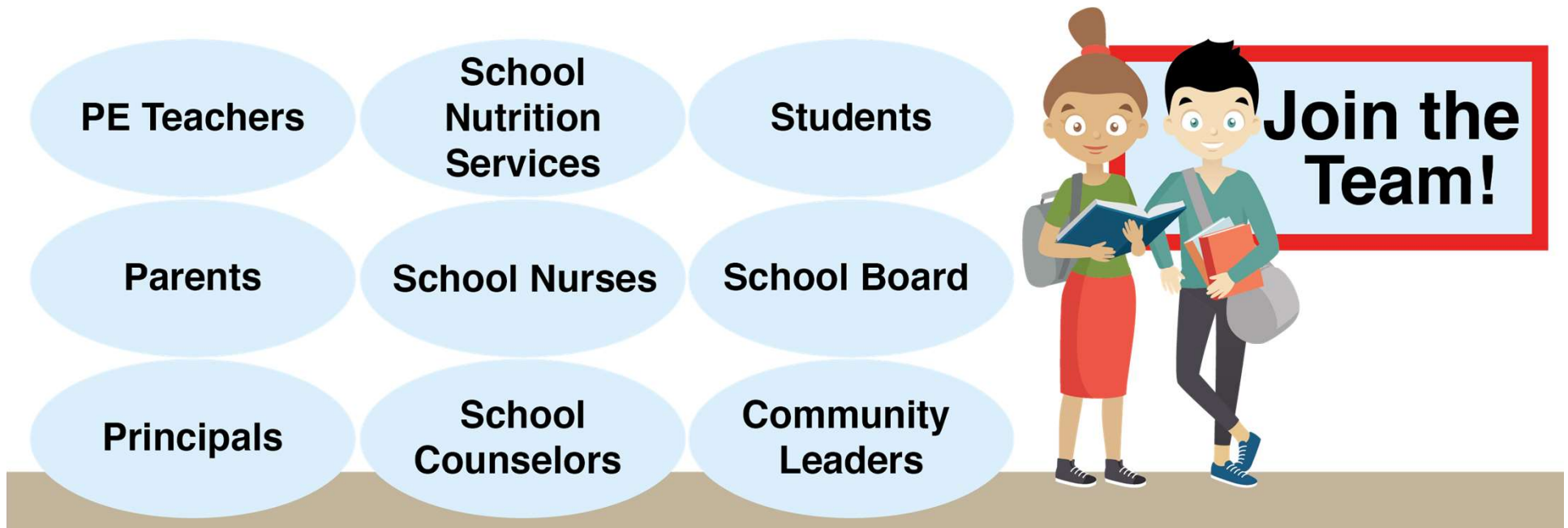
Wellness Committee

- Parents & families have the power — let your voice be heard!
- Join our Wellness Committee!
- Contact Lori Bednarek at BednarekL@LLSD.org for information on Committee Membership and upcoming meetings.



Making It a Team Effort

Lots of people have a hand in supporting student health!



Let your voice be heard!

We Need Parents & Guardians!

- ★ Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at BednarekL@LLSD.org with your feedback!
- ★ Attend a school board meeting to advocate for more healthy changes.
- ★ Contact your school's PTO or 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.



Connecting with our Wellness Coordinator

- ★ Your Wellness Coordinator is your go-to for wellness policy questions.
- ★ Coordinators get everyone excited and spread the message.
- ★ Lori Bednarek
Wellness Coordinator
BednarekL@LLSD.org
- ★ Contact us to get involved!



Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:
https://www.llsd.org/Food_Services
- ★ Contact Lori Bednarek at BednarekL@LLSD.org 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 the Lake-Lehman School District.

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 starting a wellness event at my school?



Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact your School Foodservice Director, Jodi McMillan, and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated? **Every 3 years during the triennial assessment process**
4. Are students involved on the school wellness committee? **Yes, students are encouraged to contact their Building Principal for information on how to participate**
5. Who do I contact about starting a wellness event at my school? **Building Principal**

Thank you

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

