

Be A
School Wellness
Champion



Meadows Union School District 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



School Wellness Policy

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



○ Foods and drinks sold to students



○ Food and beverage marketing

○ Nutrition promotion



○ Informing the community, leadership, and more



Our Wellness Policy

- Learn more! Read the full policy at:
www.meadowsunion.org
- Information about our policy in other languages is available at:
www.meadowsunion.org



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

- ★ Encourage students to make healthy nutrition choices
- ★ Here are the nutrition promotion activities taking place in our school:
 - Surveys
 - Healthy cooking presentations for students and staff

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.

School Sports

Physical Education Classes

Activity Breaks in the Classroom

Recess Time

School Events Like Walk to School Day

After-School Activities



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: **Alejandrina Romero, Food Services Manager** at **760-352-7512 ext. 1040**

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

Our wellness policy includes:

- ★ **Water**
- ★ **Milk**
- ★ **Fruit Juice**

Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.



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.

Get involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact Alejandrina Romero Food Services Manager at 760-352-7512 ext. 1040

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 have the power — let your voice be heard!
- Join our Wellness Committee!
- Date/year/month/Time/where



Making It a Team Effort

Lots of people have a hand in supporting student health!

PE Teachers

School
Nutrition
Services

Students

Parents

School Nurses

School Board

Principals

School
Counselors

Community
Leaders



Let your voice be heard!

Refer to your handout for more information.

We Need Parents!

- ★ Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at aromero@musdk8.net
- ★ Attend a school board meeting to advocate for more healthy changes.

Be a positive role model! Show your child how to make healthy food choices and be active.



Connecting with our Wellness Coordinator

- ★ Your go-to for wellness policy questions.
- ★ Coordinators get everyone excited and spread the message.
- ★ Alejandrina Romero, Food Services Manager
- ★ Contact them to get involved.



Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:
www.meadowsunion.org
- ★ Contact Alejandrina Romero, Food Services Manager for a copy or any questions.

Read the full policy to see how it supports our work to build a culture of wellness at Meadows Union 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 Food Service Manager and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated? **Every 3 years**
4. Are students involved on the school wellness committee? **Yes**
5. Who do I contact about starting a wellness event at my school? **Food Services Manager**

Thank you

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

