

# Be A School Wellness Champion



## We need your help to make our schools healthier!

Children spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition and physical activity also help kids learn better. A school wellness policy tells how your school is making the healthy choice, the easy choice for kids. Parents and community members can help update the school wellness policy and to put it into action.

### 4 ways you can help:

**1 Join your school wellness committee.** Each school district should have a wellness team to make nutrition and physical activity goals. Districts must allow parents and community members to participate. You do not need any special training to be on the committee, just an interest in keeping your school healthy!



**2 Find your school wellness policy** at [www.education.alaska.gov/tls/cnp/wellness.html](http://www.education.alaska.gov/tls/cnp/wellness.html). Compare it to the Alaska Gold Standard School Wellness policy found at [www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/aswpi.aspx](http://www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/aswpi.aspx)



**3 Support classroom and school events** to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.



**4 Track implementation of your policy and set new goals.** Complete the Annual Report Checklist found at [www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/aswpi.aspx](http://www.dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/aswpi.aspx)



### What is in your school wellness policy?

All districts participating in the National School Lunch or Breakfast Programs are required to have a local wellness policy. Major topics in the policy are:

-  • **Nutrition education and promotion**
-  • **Physical activity and Physical Education**
-  • **Other wellness activities** (such as school gardens and walk/bike to school)
-  • **Nutrition standards** for all foods and drinks **sold** at school (aka Smart Snacks)
-  • **Foods and drinks** that may be **given** to students (such as at classroom celebrations or rewards for behavior)
-  • **Food and beverage marketing**

We look forward to working with you to ensure our schools continue to be healthy places that support growth and learning. For more information, contact [lauren.kelsey@alaska.gov](mailto:lauren.kelsey@alaska.gov)

**Better Health = Better Learners**