




Be A School Wellness Champion



Parents, we need your help to make our school 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 also helps kids learn better at school. Our school wellness policy tells how our school is making the healthy choice, the easy choice for kids. Parents can help update the school wellness policy and to put it into action.

4 ways parents can help:

<p>1 Join the school wellness committee. The wellness committee meets annually and works on projects to help make our school healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy!</p> 	<p>2 Read the school wellness policy Our school wellness policy is posted on our school website!</p> 
<p>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.</p> 	<p>4 Have an idea or suggestion for our committee?! Please let us know!</p> <p>All are welcome! Contact Mrs. Skordos @ jskordos@stjoehc.org or 260-639-3580</p> <p>For more info contact: Mrs. Loubier, RN at elizabeth.loubier@gmail.com or 260-466-6561</p>

What is in our school wellness policy?

The full school wellness policy will be available online. Major topics in the policy are:

-  **Nutrition education and promotion**
-  **Physical activity**
-  **Other wellness activities** (Walk a Thon and Walking Club)
-  **Nutrition standards** for all foods and drinks **sold** to kids at school
-  Foods and drinks that may be **given** to students (such as at classroom celebrations or foods given as rewards for behavior)
-  **Food and beverage marketing**

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning.

Better Health = Better Learners