



Be A School Wellness Champion



Administrators, we need your help to make 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 helps children learn better at school. The CPS School Wellness Policy tells how each school is making **the healthy choice, the easy choice** for kids. As an administrator, it is your duty to ensure the wellness policy and guidelines are put into action!

4 ways administrators can help:

1 Join the school wellness committee.
The wellness committee meets the first Wednesday of every month from 12:30pm-2pm. Attend the monthly meeting, or send a wellness champion from your school in your place! Contact Kim DeAndrade at kdeandrade@cpsd.us for more info.



2 Read the school wellness policy here: <https://bit.ly/2laLkJP>
Questions? Contact the School Committee.



3 Support classroom and school events that have healthy foods and get kids physically active. **Keep the wellness policy in mind when educating teachers about classroom policies.**



4 Share how your school is doing in promoting wellness.
We want to know what is and isn't happening in your school! Complete this form: <https://goo.gl/forms/K4D8pNQv5gDLheLJ2>



What is in our school wellness policy?

Find guidelines to follow when implementing the wellness policy here: <https://bit.ly/1J8NeVC>

Major topics in the guidelines are:



- Nutrition education and promotion



- Physical activity



- Other wellness activities (such as school gardens and walk/bike to school)



- 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

Better Health = Better Learners



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Wellness Policy Highlights for **Administrators**

Classroom Celebrations & Birthdays

- Inform families that candy & soda may not be brought to school for any classroom events.
- Encourage healthy options like fruits instead of sweet baked goods, if families send food for celebrations.
- Inform faculty if & how birthdays are celebrated in classrooms. If food is used make it a healthy choice.
- Establish a process to ensure contributions for celebrations including food are predominately healthy foods. For example, suggest teachers assign food categories to families.

Classroom Snacks & Water

- Encourage families to send healthy snacks for students including fruits, vegetables, whole grains, and low fat dairy.
- Ensure plans are in place for students with special dietary needs and educate families to check with classroom teachers and/or school nurse regarding students with food allergies.
- Provide a list of recommended snacks to families.
- Ensure that tap water is available to all students at meals and during the day and encourage families to send a reusable water bottle.

Classroom Rewards

- Encourage staff to provide non-food rewards if providing rewards.
- Remind staff that food, candy, and beverages may not be used as rewards.
- Remind staff that withholding food or beverages as punishment is not permitted.

Recess

- Ensure Students K-8 have 20 minutes of recess daily, ideally before lunch.
- Students may not be kept from recess as punishment or to make up work.
- Remind families to send appropriate outdoor clothing for weather as recess is not cancelled for weather.
- Recess is to be held indoors if it is below 10 degrees.

Fundraisers

- No candy or soda may be sold at fundraisers.
- Bake sales are only permitted 30 minutes before the start of school, and 30 minutes after the school day ends, or when the late bus arrives, whichever is later.
- Remind staff non-food fundraisers are recommended, but if food is sold outside of school hours to raise funds, healthier foods are encouraged.

Health Education & Screening

- Ensure students K-5 are taught health education once per week. Ensure certified health educators teach health in grades 6-12.
- Collaborate with the Public Health Department to complete health screenings on an annual basis.

For More Information...

Visit the CPS website for more information on healthy snacks, fundraisers, celebrations and non-food rewards: <https://bit.ly/2kxcSOI>