

Be A School Wellness Champion



Families, 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. Parents and caretakers can help put the school wellness policy into action.

4 ways families can help:

1 Join the school wellness committee.
The wellness committee meets the first Wednesday of every month from 12:30pm-2pm. You do not need any special training to be on the committee, just an interest in keeping your school healthy! Contact Kim DeAndrade at kdeandrade@cpsd.us for more info.



2 Read the school wellness policy here: <https://bit.ly/2laLkJP>
Questions? Contact your school principal for more information.



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



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 Families

Classroom Snacks & Water

- Send healthy snacks for your child to give them energy to learn. Try fruits, vegetables, whole grains, and low fat dairy options.
- Work with the principal, the nurse, and teachers to manage your child's food allergies.
- Send a reusable water bottle to school with your child. With a water bottle, they can drink water at meal times and in the classroom.

Recess

- Students K-8 should have 20 minutes of recess each day, ideally before lunch. Ask your school.
- Teachers may not use recess as punishment or to make up work, unless under unusual events.
- Recess is outside whenever possible. Send your child with appropriate clothing.
- Contact your Family Liaison if you need assistance getting outdoor clothing for your child.
- Recess is inside if it is below 10 degrees.

Classroom Celebrations & Birthdays

- Candy & soda may not be brought to school for any classroom events.
- If you wish to celebrate your child's birthday at school, ask your child's teacher about the classroom's rules.
- If sending food for a classroom event, send healthy choices like pre-chopped fruit, vegetables, or whole-grain crackers.

Classroom Rewards

- Teachers may not give food, candy, or drinks as a reward.
- Teachers may not withhold food or beverages as punishment.

Health Education & Screening

- Health education is taught to children by certified health educators.
- Health screenings occur on an annual basis. You will receive follow-up information when needed.

Fundraisers

- Bake sales are allowed 30 minutes before the start of school, and 30 minutes after the school day ends, or when the late bus arrives, whichever is later.
- Non-food fundraisers are recommended, but if food is sold to raise funds outside of school hours, healthy foods are encouraged.

For More Information...

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