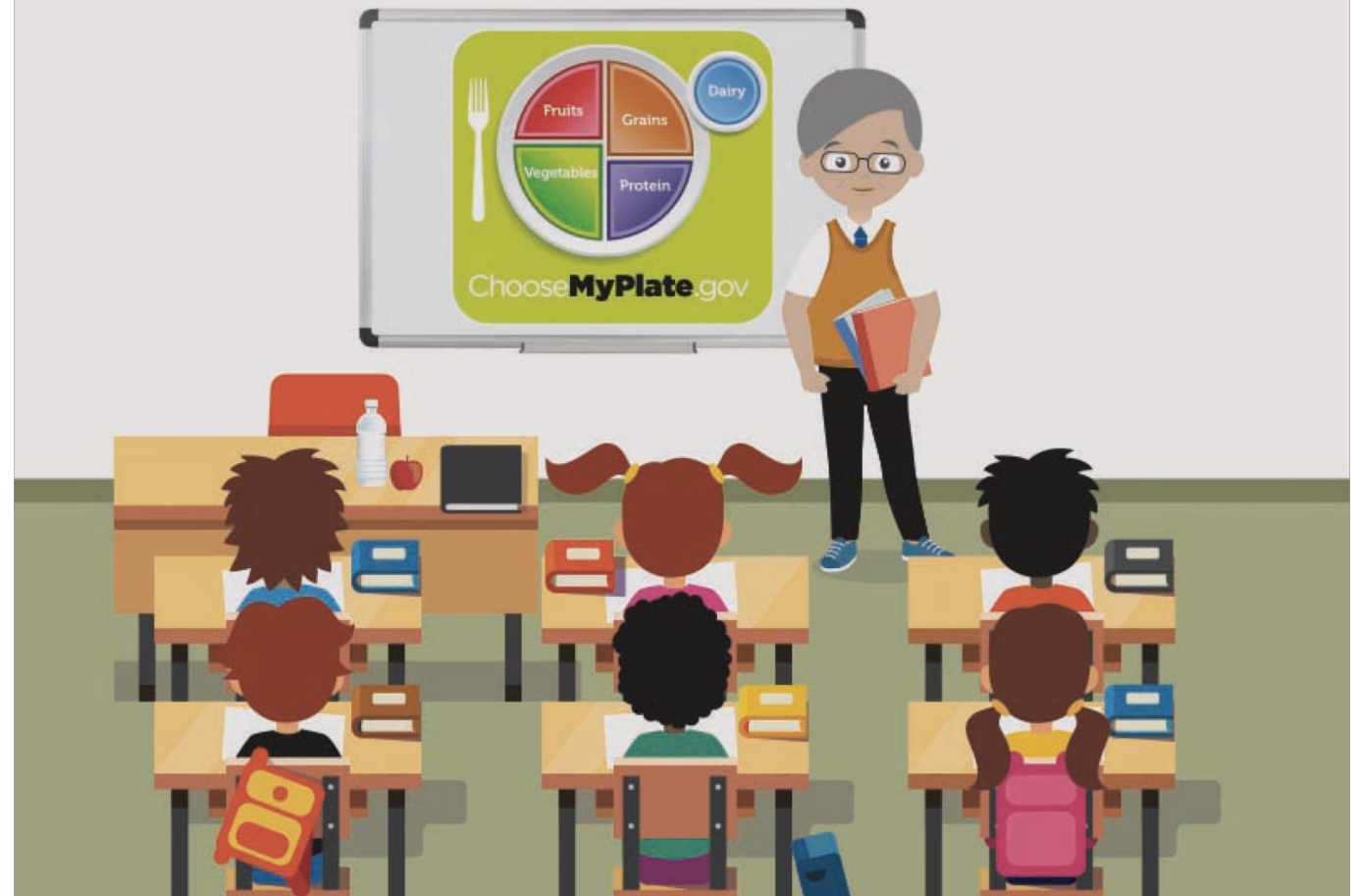


# School Wellness Policy

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## What Parents Need to Know

**Better Health = Better Learners**  
#schoolwellness



# Wellness Policy: Purpose

Warwick School District recognizes that student wellness and proper nutrition are related to students':

- 🍏 Physical well-being
- 🍏 Growth
- 🍏 Development
- 🍏 Readiness to learn



# Wellness Policy: Mission

*Through the collaborative efforts of the classroom, school, district, and community, our students will achieve optimal health status so that they can attain academic success at a higher level.*



# Why do we have a wellness policy?

A wellness policy helps create a healthy school environment. Our wellness policy includes four important components:

 Wellness Committee

 Nutrition Education

 Nutrition Promotion

 Physical Activity



# Wellness Policy: Wellness Committee

Warwick School District has a wellness committee comprised of one of each of the following:

- 🍏 School board member
- 🍏 District administrator
- 🍏 District food service representative
- 🍏 Student
- 🍏 Parent/guardian
- 🍏 School health professional
- 🍏 Physical education teacher
- 🍏 Member of the public



# Wellness Policy: Wellness Committee

## What does the wellness committee do?

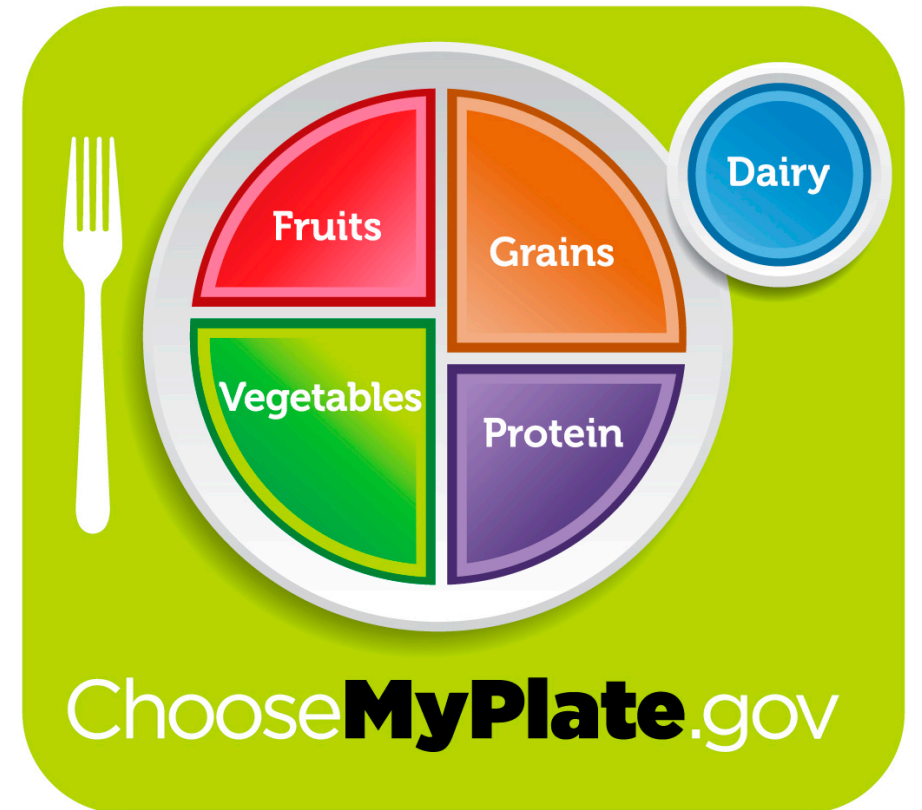
- 👤 Communicates and advices on student health issues
- 👤 Responsible for developing, implementing and periodically reviewing wellness policy
- 👤 Reviews and considers evidence-based strategies and techniques in establishing goals for:
  - 👤 Nutrition education and promotion
  - 👤 Physical activity
  - 👤 Other school based activities that promote student wellness



# Wellness Policy: Nutrition Education

Nutrition education gives students the knowledge, skills and confidence to make healthy eating choices

- 🍌 Nutrition education will be provided within the health education program in accordance with curriculum regulations
- 🍌 Nutrition education in the district will teach, model, encourage and support healthy eating
  - 🍌 Nutrition education materials are displayed throughout all cafeterias



# Wellness Policy: Nutrition Promotion

- 🍓 Provide students with access to reasonably priced foods and beverages that promote a healthy lifestyle
- 🍓 Provide nutrition guidelines for all foods and beverages sold during the school day at all schools participating in the National School Lunch Program that are consistent with Federal regulations for:
  - 🍓 School meal nutrition standards
  - 🍓 *Smart Snacks* in School nutrition standards
- 🍓 Market/advertise only foods and beverages that encourage healthy nutrition





# Wellness Policy: Physical Activity

- ★ We want kids to have the opportunity to be physically active at school
- ★ Age-appropriate activities are provided to encourage physical activity:
  - ★ Outdoor & indoor recesses
  - ★ Before & after school programs
  - ★ Clubs
  - ★ Intramurals
  - ★ Sports & Athletics



# Other School-Based Activities that Promote Wellness

- ★ Provide mental health support to students within the school setting to develop positive social-emotional wellbeing.
- ★ Apply research-based strategies/recommendations for implementing a systematic process for promoting students' social and emotional development and supporting parental/family involvement



# Guidelines for Use of Food in Schools

Outside food provided by parents or students as rewards, for parties or served as other treats is **not** permitted (this includes birthday treats):

If parents choose to provide a treat, healthy food options may be purchased through the district's Food Services Division. Form can be accessed [here](#).

- ★ WSD wants to promote a healthy eating environment
- ★ Bringing outside food can be dangerous for students with allergies and/or food intolerances



# Wellness Policy: Where is it?



Read the full policy here:

<http://www.boarddocs.com/pa/warw/Board.nsf/goto?open&id=B3LFUR40CB17>



# Wellness Policy

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