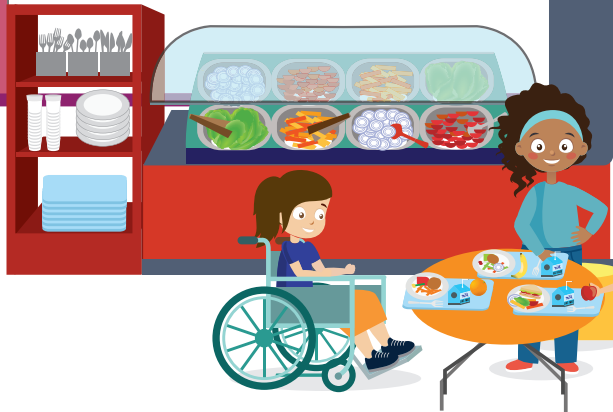


Be A School Wellness Champion



Parents, 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 also helps kids learn better at school. Our district wellness policy shows how our schools are making the healthy choice, the easy choice for kids.

4 ways parents can help:

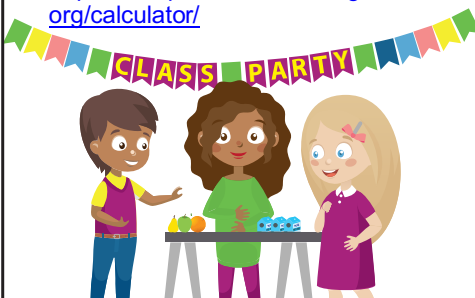
1 Make healthy eating and physical activity a priority at home AND at school. If your student's class allows snacks at school, be sure they adhere to any allergy requirements and are nutritious for your child's growing brain. Fresh, easy to eat fruits and veggies are always a great choice.



2 Read the school wellness policy at <http://www.neola.com/nafsc-in/>. Type "wellness" in the search bar and click "Find it!" Select 8510-WELLNESS.



3 Support classroom and school events to have healthy foods and get kids physically active. Foods in classroom events and parties will meet the USDA Smart Snacks guidelines: <https://foodplanner.healthiergeneration.org/calculator/>




4 Support healthier fundraisers. Foods and beverages sold as fundraisers on the school campus during the school day must meet the USDA Smart Snacks guidelines. Two one-day exemptions allowed.



What is in our school wellness policy?

Major topics in the policy are:

-  • **Nutrition education and promotion**
-  • **Physical activity**
-  • **Other wellness activities** including a focus on health and mental health
-  • **Nutrition standards** for all foods and drinks **sold/made available** 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**