

## FACTS Wellness Policy: What Parents Need To Know

#### Helping Kids Learn, Grow, and Be Healthy

- ★ Together, parents, school staff, and students can create a healthy school nutrition environment
- ★ Better health = better learners
- ★ Kids with healthier eating patterns and enough physical activity tend to:
  - Have better grades
  - Remember what was taught in class
  - Behave better in class
  - Miss less school time



#### School Wellness Policy

A wellness policy helps create a healthy school environment.

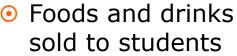
Our wellness policy talks about:





 Food and beverages, not sold, but provided to students

Physical activity





Food and beverage marketing

 Informing the community, leadership, and more

Nutrition promotion





**TASTE** 

**EXTEST** 

TODAY!

#### Our Wellness Policy

- Learn more! Read the full policy under the Families & Caregivers section of our website at: <a href="http://www.factschool.org/en/family-caregiver-resources/school-nutrition-program/">http://www.factschool.org/en/family-caregiver-resources/school-nutrition-program/</a>
- Our policy is currently translated in Chinese. Please contact FACTS if you are interested in another language.



#### Importance of Nutrition Education

- Gives students the knowledge, skills, and confidence to make healthy eating choices.
- Nutrition education may include:
  - teaching about healthy meal patterns
  - reading Nutrition Facts labels
  - identifying sources of added sugars, saturated fats



Get involved! Ask your teacher how you can support nutrition education in the classroom.

#### Physical Activity & Physical Education

- We want kids to have the opportunity to be physically active at school.
- Recommended physical activity for children and adolescents = 60 minutes or more each day.



#### Physical Activity & Physical Education

#### Our goals:

- ★ All students will receive physical education class once a week for 50+ minutes.
- ★ All students in grades K to 5 will receive 25+ minutes of recess per day. Students in grades 6-8 receive recess at least 4 days per week.
- Meditation and Tai Ji weekly for all middle school students.
- Active Electives and Ensembles (Step, Indonesian Dance, Outdoor Games, Lion Dance, Chinese Opera)
- Activity Breaks in the Classroom (Ex: Sprint Exercises, Go Noodle, Flash Fit)
- After-School Activities: Delphi Dance (Just Dance), Middle School Basketball
- Annual Play Day to promote active play at all ages

#### Our School Wellness Policy

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and drinks sold in school during the school day must follow the Smart Snacks standards. FACTS purposely chooses not to have vending machines in our building.

Smart Snacks regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.



### Keeping Fundraisers Healthy

 At our school, we make our fundraising efforts healthy and fun, such as:



**★** Box Tops for Education

Help us come up with new ideas for a healthy fundraiser!





# Food and Beverages Provided (Not Sold) to Students

#### Our wellness policy includes:

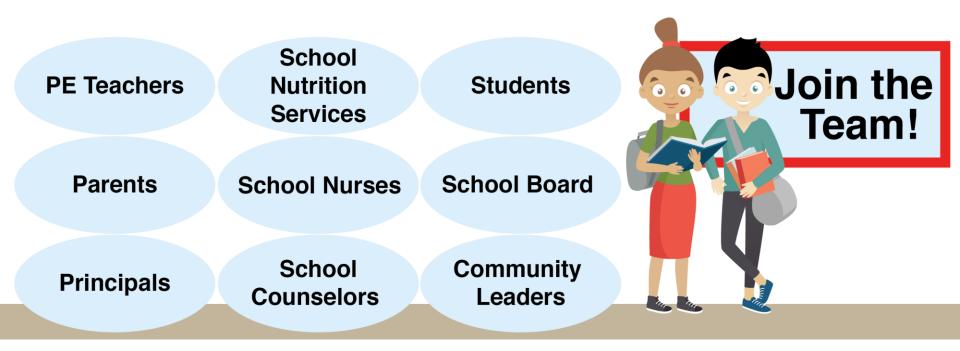
- ⋆ Drinking Water Students are permitted water bottles.
- **★ Celebrations and parties**
- Rewards and incentives

Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.



#### Making It a Team Effort

Lots of people have a hand in supporting student health!



Let your voice be heard!

#### We Need Parents!

- ★ Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us!
- Attend a meeting to advocate for more healthy changes.

**Be a positive role model!** Show your child how to make healthy food choices and be active.



## Connecting with our Wellness Coordinators

Your go-to for wellness policy questions.

\* T. Ricque: <a href="mailto:rporter@factschool.org">rporter@factschool.org</a>

★ T. Daisy: <a href="mailto:dling@factschool.org">dling@factschool.org</a>

★ T. Dewi: <u>dbroadhurst@factschool.org</u>

Contact any of them to get involved!



#### Finding Our Wellness Policy

- Find our wellness policy on our Web site:
  www.factschool.org
- ★ Contact any one of our wellness coordinators for a copy or if you have questions.
- ★ The full policy is available in English and Chinese. Please contact us if you require translation or interpretation in another language.

## Thank you

Thank you for your time and commitment to wellness in our school!

