



# Be A School Wellness Champion

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:

○ Nutrition education



○ Food and beverages, not sold, but provided to students

○ Physical activity

○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more

○ Nutrition promotion



# Our Wellness Policy

- Learn more! Read the full policy under the Families & Caregivers section of our website at:  
<http://www.factschool.org/en/family-caregiver-resources/school-nutrition-program/>
- 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!

PE Teachers

School  
Nutrition  
Services

Students

Parents

School Nurses

School Board

Principals

School  
Counselors

Community  
Leaders



**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:** [rporter@factschool.org](mailto:rporter@factschool.org)
- ★ **T. Daisy:** [dling@factschool.org](mailto:dling@factschool.org)
- ★ **T. Dewi:** [dbroadhurst@factschool.org](mailto:dbroadhurst@factschool.org)
- ★ Contact any of them to get involved!



# Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:  
**[www.factschool.org](http://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!

