

Be A  
School Wellness  
Champion



# Ashford School Wellness Policy: What We All 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



# Creating a Healthy School Environment

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



# Making It a Team Effort

We all have a hand in supporting our student's health.

**Let Your Voice Be Heard!**

PE Teachers

School  
Nutrition  
Services

Students

Parents

School Nurses

School Board

Principals

School  
Counselors

Community  
Leaders



**Join the  
Team!**

# Wellness in Ashford School

- ★ The Ashford School Health and Safety Committee members address student and staff wellness along with all things related to student physical health and student, staff and community safety, and school building cleaning and maintenance.
- ★ The Health and Safety Committee meet 4 times during the school year at Ashford School.



# Our Wellness Policy

- Learn more! Read the full policy on the Ashford Board of Education website [www.ashfordct.org](http://www.ashfordct.org); or click [here](#).
- Information about our policy in other languages is available on our website using Google Translator.



# Foods Sold to Students

- Our wellness policy supports healthy school breakfasts and lunches. We do not have vending machines at Ashford School.
- All food and beverages sold in school during the school day must meet state and federal requirements.
- Questions? Contact Food Service Manager Karen Samperi at 860-429-6419 x 360

**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 support fundraising efforts that are healthy and fun, such as:
  - ★ Walk-a-thons or fun runs
  - ★ Jump-rope-a-thon, dance-off, or dance party
  - ★ Selling fruits and vegetables



Get Involved! 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 is available at all times**
- ★ **Allowance for snacks provided by parents for classroom celebrations**
- ★ **Providing Grab N Go breakfast for all students during SBAC testing**

What healthy celebrations have you had in your classroom?  
What healthy rewards do you give?



# 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
- ★ Nutrition education in our school:
  - Is taught at all grade levels across the curriculum
  - Posters supporting nutrition, physical activity and making healthy choices are on display.



Get involved! What types of nutrition education do you use in the classroom?

# Team Nutrition Resources

- ★ Visit Team Nutrition Resource Library to find Nutrition Education materials for free!
- ★ Lessons connected to educational standards.
- ★ School garden activities.
- ★ Free posters, parent handouts, eBooks, and more!
- ★ <http://www.fns.usda.gov/tn/team-nutrition>



# Nutrition Promotion

## Ashford School's Wellness policy and activities

- ★ Encourage our students to make healthy nutrition choices.
- ★ Ideas to implement this policy include:
  - Display nutrition posters in your classrooms and common areas
  - Participate in taste-testing days in the cafeteria
  - Offer your own ideas for supporting nutritional food choices and physical activity in school and at home.



**TASTE TEST  
TODAY**

# 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.
- ★ Evening Recreation Dept. Programs for all ages
- ★ After School Clubs

**School Sports**

**Recess Time**

**Physical Education Classes**

**School Events Like Walk to School Day**

**Activity Breaks in the Classroom**

**After-School Activities**



# Understanding Food and Beverage Marketing

- ★ Where have you seen advertising in our school?
- ★ We want images and messages in our school to support healthy choices.
- ★ Look around your classrooms to see if you have any food or beverage marketing.



Get Involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact **Karen Samperi, Food Service Manager**

# Other School-Based Activities

Help implement our policy and promote wellness through other school-based activities, including:

- If you have a green thumb, help us in our school greenhouse!
- Team up to provide a fun, interactive activities for kids
- **Share your own healthy eating and physical activity stories in your classrooms.**



# Finding Our Wellness Policy

Find our wellness policy...

- ★ You can find our wellness policy on our Web site: **[www.ashfordct.org](http://www.ashfordct.org)**
- ★ Contact **the Office of the Superintendent at 860-429-1927** for a copy or if you have questions.
- ★ Available in **English or other languages using google translator** at **[www.ashfordct.org](http://www.ashfordct.org)** (see **Ashford Board of Education tab**)

Read the full policy to see how it supports  
our work to build a culture of wellness at  
**Ashford School.**



# Connecting with Wellness....

- ★ Your go-to place for wellness policy questions is the Office of the Superintendent of Schools
- ★ We want to have everyone excited and spread the message about healthy lifestyle choices.
- ★ Contact the Health and Safety Committee to get involved.



# Pop Quiz!

1. Can we change our wellness policy?
2. How can I get more information about school meals or Smart Snacks?
3. How often is the wellness policy updated?
4. Are students involved on the school wellness committee?
5. Who do I contact about adding nutrition education or promotion into my classroom?



# Answers

1. Can we change our wellness policy? **Yes, upon review by legal counsel to ensure compliance with all state and federal regulations/guidelines.**
2. How can I get more information about school meals or Smart Snacks? **Contact the Food Service Manager and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated?  
**The policy must be reviewed annually; any updates or revisions based on district, state or federal requirements are made at that time.**
4. Are students involved on the school wellness committee? **Not at this time, but they can be!!!**
5. Who do I contact about adding nutrition education or promotion into my classroom? **Mrs. Borysevicz or Mr. Eichorn in the Ashford School Main Office.**

# Thank you

Let's all work together to see that our local Wellness policy and practices ensure that our children are fit, healthy and ready to learn!!

