

Be A School Wellness Champion



Parents, we need your help to make our school 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 school wellness policy tells how our school is making the healthy choice, the easy choice for kids. Parents can help update the school wellness policy and put it into action.

What is in our school wellness policy?

The full school wellness policy is online: essex.k12.ia.us

Major topics in the policy are:

4 ways parents can help:

1 Join the school wellness committee! Our next meeting is Wednesday, December 5, 2018, at 3:30PM in the media center. The wellness committee meets at least once annually and works on projects to help make our school healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy!

2 Read the school wellness policy on the Essex School Website under Board Policies. For questions or more information, contact your school nurse: Elizabeth Shirley shirleye@essex.k12.ia.us.

3 Support classroom and school events to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to send for events and celebrations.

4 Rate our school wellness. Share how you think our school is doing in promoting good nutrition and physical activity and please share any new ideas you may have.



- Nutrition education and promotion
- Physical activity
- Other wellness activities
- Nutrition standards for all foods and drinks sold 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.