

Be a
School Wellness
Champion at
Kingsburg Elementary
Charter School District!



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 children learn better at school. Our school wellness policy tells how our schools are making the healthy choice the easy choice. Everyone can help support the School Wellness Policy and to put it into action.

Tips to support wellness at school:

1 Read the school wellness policy on our website:

www.kesd.org

Click on: Wellness Policy



2 Become familiar with the tools your wellness committee has developed: Board Policy, Guidelines for Fundraising, Rewards, and Class Parties



3 Support classroom events to include healthy foods and promote physical activity. Keep the wellness policy in mind when planning for food and drinks.



4 Become a champion at your school site by supporting healthy fundraisers and non-food rewards, attend SWP meetings in our Professional Development Room at 1310



What is in our School Wellness Policy?

Major topics in the policy are:



- Nutrition education and promotion



- Physical activity



- Other wellness activities



- Nutrition standards for all food and drinks sold to children at school



- Food and drinks offered to children (such as classroom celebrations or rewards)



- Food and beverage marketing

Stroud Ave. at 3:30 pm. on 11-20-2019, 2-3-2020 & 5-4-2020.

If interested, please contact our Wellness Policy Coordinator Dr. Nick Taylor at 897-2331.