

Be A School Wellness Champion



East Haven Parents We need your help to make our schools healthier!

Children spend most of their day at school. So, it's important that they consume healthy foods and drinks while they are there. Good nutrition also helps kids learn better at school. Our school wellness policy evaluates how our school is making these healthy choices more readily available to our kids. Parents can help us collaborate our district wellness policy and to put this valuable plan into action.

4 ways parents can help:

- 1 Join the school wellness committee.** Our next meeting is on January 24, 2018 @ East Haven High School from 2:00 to 3:30. The wellness committee meets **4 times per year** 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** at <http://www.east-haven.k12.ct.us/board-of-education/policies>



- 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 have at events and celebrations.



- 4 Rate our school wellness.** Share how our school is doing in promoting good nutrition and physical activity at: questions or more information, contact: **Anthony Verdarama** averderame@east-haven.k12.ct.us



What is in our school wellness policy?

The full school wellness policy is online at:

<http://www.east-haven.k12.ct.us/board-of-education/policies->

Major topics in the policy are:

- **Nutrition education and promotion**
- **Physical activity**
- **Other wellness activities** (such as school gardens and walk/bike to school)
- **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.

