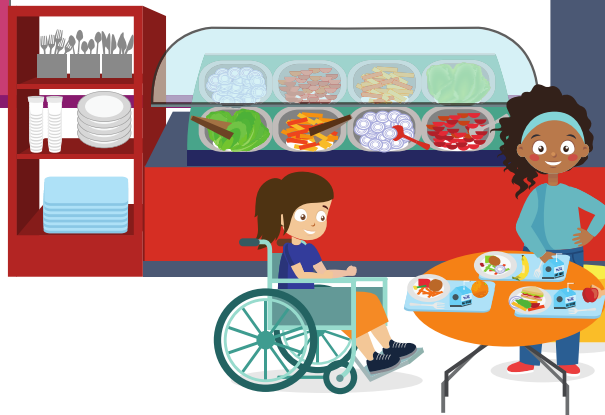




Be A School Wellness Champion



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 improve learning while kids are at school. Our school wellness policy explains how our school is making the healthy choice, the easy choice for kids. Parents can help update the school wellness policy and to put it into action.

4 ways to promote wellness:

1 Join the school wellness committee. If you are interested in learning more, email ssalvini@stpiusxcatholicschool.org. The wellness committee meets quarterly 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 Encourage your child to join the school wellness committee. The Wellness Committee can include student members to represent the students of St. Pius.



3 Support classroom and school events by providing healthy foods and encouraging physical activity. Keep the wellness policy in mind when planning what foods and beverages to serve at events and celebrations.



4 Read the policy a www.stpiusxschool.org. For questions or more information, contact: Sara Salvini, Food Service Director.



What is in our school wellness policy?

The full school wellness policy is online at: www.stpiusxschool.org. Major topics in the policy are:



- **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.

**Better Health =
Better Learners**