



# Thomaston-Upson School System Wellness Policy:

# 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



# School Wellness Policy

A wellness policy helps create a healthy school environment.

Our wellness policy talks about:

○ Nutrition education



○ Food and beverages, not but provided to students



○ Physical activity



○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more

○ Nutrition promotion



# Our Wellness Policy

- Learn more! Read the full policy located at: [www.upson.k12.ga.us](http://www.upson.k12.ga.us)
- For information about our policy in other languages please call 706-647-2698.



# 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



Get involved! Ask your teacher how you can support nutrition education in the classroom.

# Nutrition Promotion

- ★ Encourage students to make healthy nutrition choices
- ★ Here are the nutrition promotion activities taking place in our schools. Schools are working on applications for the Healthier US Challenge. Additional activities are listed below:
  - Taste test
  - Menu contests
  - Cooking competition

How can you  
get  
involved?

Volunteer to help with a taste test and come have breakfast or lunch with your child.



**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.
- ★ Students are given opportunities for physical activity during the school day through daily recess periods, required and elective physical education, and personal fitness classes.

**School Sports**

**Physical  
Education  
Classes**

**Activity Breaks  
in the Classroom**

**Recess Time**

**School Events  
Like Walk to  
School Day**

**After-School  
Activities**



# Our School Wellness Policy

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and drinks sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: 706-647-2698

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



Help us come up with  
new ideas for a healthy  
fundraiser!

# Food and Beverages Provided (Not Sold) to Students

Our wellness policy states that schools should limit celebrations, school parties, and incentives during the school day involving foods and beverages not meeting the Smart Snack Nutrition Standards. Schools will allow not more than three (3) celebrations per month.

Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.



# 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.

Get involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact 706-647-2698.

# 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 gardens.
- Connect with a local farmer and coordinate a field trip.
- Help plan a wellness event (School 5k, Fit Family Friday, etc.).



# Wellness Committee

- Parents have the power — let your voice be heard!
- Join our Wellness Committee!

Our next Wellness Team Meeting is scheduled for Monday, December 9, 2019. Please call our School Nutrition Office to get involved.



# Making It a Team Effort

Lots of people have a hand in supporting student health!

PE Teachers

School  
Nutrition  
Services

Students

Parents

School Nurses

School Board

Principals

School  
Counselors

Community  
Leaders



## Let your voice be heard!

# We Need Parents!

- ★ Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at [sdaniel@upson.k12.ga.us](mailto:sdaniel@upson.k12.ga.us)
- ★ Attend a school board meeting to advocate for more healthy changes.
- ★ Contact the School Nutrition Office at 706-647-2698 or team up with Wellness Team Members at your child's school to plan a school event promoting healthy food choices and physical activity!

**Be a positive role model!** Show your child how to make healthy food choices and be active.



# Connecting with our Wellness Coordinator

- ★ Your go-to for wellness policy questions.
- ★ Coordinators get everyone excited and spread the message.
- ★ Shelley Daniel,  
Director of School Nutrition  
706-647-2698  
[sdaniel@upson.k12.ga.us](mailto:sdaniel@upson.k12.ga.us)

Contact them to get involved.





# Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:  
[www.upson.k12.ga.us](http://www.upson.k12.ga.us)
- ★ Contact Shelley Daniel for a copy or if you have questions or if you need access to the Wellness Policy in other languages.

Read the full policy to see how it supports our work to build a culture of wellness at the Thomaston-Upson School District.

# Pop Quiz Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact your School Foodservice Director and check out the USDA Team Nutrition Guide to Smart Snacks**
3. How often is the wellness policy updated? **Annually, through Wellness Team Meetings. Get involved.**
4. Are students involved on the school wellness committee? **Yes, students are encouraged to participate.**
5. Who do I contact about starting a wellness event at my school? **Shelley Daniel, School Nutrition Director or the Wellness Team Leader at your school.**

# Thank you

Thank you for your time and commitment  
to wellness in our school!

