

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 explains how our school is making the healthy choice; the easy choice for kids. Parents can help update the school wellness policy and help put it into action.

4 ways parents can help:

1 Join the school wellness committee.

The wellness committee meets 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

<https://www.moniteau.org/District-Wellness>



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



For questions contact the Foodservice Department at 724-637-2091 Ext. 1760

What is in our school wellness policy?

The full school wellness policy is online at:

<https://www.moniteau.org/District-Wellness>

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.

**Better Health =
Better Learners**



Wellness News



At the Moniteau School District we work hard to ensure that student's minds and bodies are ready for learning each day. In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives.

Moniteau School District participates in the National School Breakfast and Lunch Programs and is required to have a Wellness Policy with certain criteria included. In July 2020, the Wellness Policy (policy 246) was revised. Below are a few recommendations to assist with the health and wellness of our students.

Classroom Celebrations

- *Classroom parties shall offer minimal amount of foods that contain added sugar as the primary ingredient and will encourage the following:
 - Fresh fruits and vegetables
 - Water, 100% fruit juice or milk
- *Food and beverages should be pre-packed or made in a commercial kitchen and contain an ingredient label. (no homemade items)
- *Shared classroom snacks are not permitted (bulk snacks that must be portioned)

This does not mean that we can never have cupcakes in our classrooms. However, please consider incorporating healthy foods into celebrations. The good news is there are several great ways to celebrate without sugary treats.

Healthy Food Ideas

- *Yogurt Tube
- *String Cheese
- *Goldfish Cheddar Crackers
- *Raisins
- *Trail Mix
- *Bags of Apple Slices
- *Animal Crackers
- *Fruit Snacks
- *Pudding Cup
- *Mini Pretzels
- *Baked Chips or Snacks
- *Bag of Popcorn
- *Applesauce or Fruit Cup
- *Granola Bar
- *Fruit Roll-up

Non-Food Celebration Ideas

- *Colored Pencils
- *Stickers
- *Fun Erasers
- *Crafts or Coloring Books
- *Playdough