

# Be A School Wellness Champion



## Parents and Community Members, 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 tells how our school is making the healthy choice, the easy choice for kids. Parents and community members can help update the school wellness policy and put it into action.

**1 Join the school wellness committee.** If you are interested in joining the school Wellness Committee, please email **Melissa Alley** at [melissa.alley@spartaschools.org](mailto:melissa.alley@spartaschools.org) by **Friday January 6, 2023.**

The wellness committee **tries to meet 4 times per year.** The committee 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.spartaschools.org/downloads/food\\_services/updated\\_wellness\\_policy.pdf](https://www.spartaschools.org/downloads/food_services/updated_wellness_policy.pdf)



**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** For questions or more information, contact **Melissa Alley** at 616-887-1744 or [Melissa.alley@spartaschools.org](mailto:Melissa.alley@spartaschools.org)



- **Nutrition education and promotion**
- **Physical activity**
- **Other wellness activities** for students & staff
- **Mental Health**-The impact of school mental health on students thriving in school, at home, and in life.
- **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)

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**