



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. You can help update the school wellness policy and to put it into action.

Join our Wellness Committee! Our first meeting is on Thursday, February 9th, at 2:00 p.m. via Google Meet. The Wellness Committee meets four 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! Please contact Nadine Doucette at Nadine.doucette@whrsd.org if you are interested in joining our Wellness Committee.

Proposed additional meeting dates:

Thursday, March 9th at 2:00 p.m.

Thursday, April 13th at 2:00 p.m.

Thursday, May 11th at 2:00 p.m.

What is in our school wellness policy?

- **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**