

# Healthy Schools, Happy Students

How Getting Involved with Wellness Policies  
Boost Your Child's Health and Learning



Did you know our district has a wellness policy? When we pay attention to student and staff wellness, everyone wins!

## Here's why wellness in school is great for your child:

- **Better Nutrition:** Policies ensure that all foods available at school meet high nutritional standards.
- **More Activity:** Schools offer more chances for physical activity, keeping kids fit and focused.
- **Healthy Environment:** Rules guide the types of foods promoted to students, promoting healthier choices.

## Here's how you can support wellness in your child's school:

- **Join School Meetings:** Ask your school how to join their wellness policy committee or group.
- **Support Healthy Events:** Encourage participation in school wellness activities and events.
- **Be a Role Model:** Lead by example with healthy eating and active living at home.
- Ask your school what wellness activities they offer.

By backing wellness in your child's school, you help create a healthier school experience and support their learning and growth.

Want to get involved?

Contact:

ADD  
QR  
CODE



COLORADO  
Department of Education  
School Nutrition

This institution is an equal opportunity provider.