



**Our School Wellness Policy:
What Families Need to Know**

WELLNESS SUPPORTS LEARNING

- ★ Families, school staff, and students work together to create a healthy school environment.
- ★ Healthy eating and regular physical activity can help students:
 - Focus and remember what they learn
 - Participate positively in class
 - Build lifelong healthy habits
 - Be present and ready for school



WHAT OUR POLICY COVERS

The WCSD Wellness Policy guides our work to support healthy students and healthy school environments.

- Nutrition Education

- Nutrition Promotion

- Physical Activity

- School Meals



- Foods And Beverages at School

- Food And Beverage Marketing

- School-Based Wellness Activities

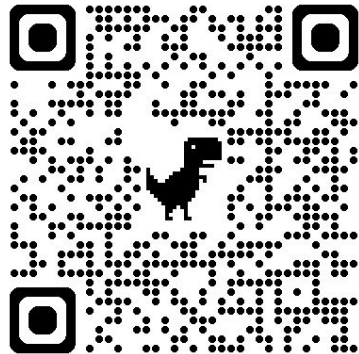
- Community Participation And Leadership



REVIEW OUR POLICY

Read the WCSD Wellness Policy and addendum online:

- **Policy:** 5il.co/3f7l5
- **Addendum:** 5il.co/3f7l6



NUTRITION EDUCATION BUILDS HEALTHY HABITS

- ★ Nutrition education helps students build the knowledge, skills, and confidence to make informed food choices. Learning may include healthy meal patterns, Nutrition Facts labels, and sources of added sugars and saturated fats.



Families can support healthy choices everywhere.

PHYSICAL ACTIVITY MATTERS

- ★ WCSD supports opportunities for students to be physically active during the school day. Children and adolescents should work toward 60 minutes or more of physical activity each day. Families can help by making movement part of daily routines.

School Sports	Recess Time
Physical Education Classes	School Events Like Walk to School Day
Activity Breaks in the Classroom	After-School Activities



HEALTHY SCHOOL MEALS

The WCSD Wellness Policy supports healthy school breakfasts and lunches. Through the Community Eligibility Provision, all enrolled students receive breakfast and lunch at no charge during the 2026–2027 school year. Foods sold during the school day must follow applicable Smart Snacks standards.

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.



FOOD AT SCHOOL

The wellness policy also addresses foods and beverages provided to students but not sold, including items offered during classroom activities and celebrations.

When providing food at school, families and volunteers should coordinate with school staff and help support safe, healthy choices.



HEALTHY MARKETING



- ★ Images and messages displayed at school should support healthy choices and align with applicable wellness and Smart Snacks requirements.

Questions or concerns?
Contact School Nutrition Director Donna Coats

WELLNESS COMMITTEE

- Parents and community members have a voice in school wellness. Parent outreach and committee discussion were held August 27, 2026, and participation remains open. Join the committee, review the policy, or submit feedback at any time.



WE NEED FAMILIES!

- ★ Help WCSD strengthen student wellness.
- ★ Join the Wilco Wellness Committee
- ★ Review the policy and addendum online
- ★ Share comments, suggestions, or ideas
- ★ Recommend family wellness activities



STAY INVOLVED

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