

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Gilbert Community Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goals for addressing other school-based activities that promote student wellness include the following:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations (this list is available on the Gilbert Website under Wellness).;
- Provide school staff a list of non-food rewards for students;
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- Include information about school wellness through a website, newsletter, other take home materials, special events or physical education homework;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make free drinking water available where school meals are served during mealtimes;
- Encourage staff to model healthy eating and drinking behaviors;
- Prohibit the marketing/promotion of unhealthy foods and beverages on vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, textbooks, websites used for educational purposes, or other educational materials;
- Promote staff wellness with contests, guest speakers, newsletters, and annual health screenings;
- Apply for USDA's Healthier US School Challenge: Smarter Lunchroom Award, a certification initiative that recognizes schools for nutrition and physical activity excellence; and
- Maintain an active Farm to School program.

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