

Whole School, Whole Child, Whole Community (WSCC)

The Name of School Nutrition & Wellness Policy

The Name of School recognizes that child and teen nutrition & wellness is important for every student to succeed. The improper nutrition and physical activity can negatively impact their learning and motivation to learn. Students look up to staff members in the school to be their guide and role model.

Therefore:

Name of School will support and encourage all staff members to model healthy habits for students in their classrooms. Healthy classroom habits can include, but are not limited to, the encouragement of drinking water throughout the day or incorporating a (incorporate a time limit on the break) movement break before, during or after class.

Some ways to encourage students to drink more water could include:

- The addition of water promotion posters at eye-level for students
- Small breaks during class for students to drink water or fill up water bottles
- Announcements made to remind students to drink water throughout the day

Some ways to support movement breaks in the classroom can include:

- 5 minutes of stretching
- 5 minutes of GoNoodle Dance Breaks
- 5 minutes of walking/jogging in place
- 5 minutes of chair yoga

These are all suggestions on healthy classroom habits that Name of School is strongly in support of. The staff members of the school can begin to implement immediately.

Therefore:

Effective _____, 20__ it is the policy of (Name of School) that all staff members are encouraged to implement healthy classroom habits to motivate students to drink water, be healthy and be active.

Title	Name of School
Signature	Date
