

Fun and Healthy at School!

What is a Local Wellness Policy?

It is a healthy school environment policy developed by the school board, administration, teachers, parents, community members, and students. This policy includes guiding principles, practices, and the means to achieve health and wellness goals.

Local school wellness policies encourage teachers to serve as role models for healthy choices and to help children develop lifelong habits of eating well and being active. School parties and concessions provide an excellent opportunity for teachers and parents to work together towards these goals.

National Health Education Standards

The National Health Education Standards were developed by a joint commission to set expectations to promote personal, family, and community health for students by grades 2, 5, 8, and 12. These standards are the framework for curriculum development and selection, instruction, and student assessment in health education. By promoting healthy eating at parties, concessions, and after school programs, we are supporting the following standards.

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.

Ideas for Healthy School Parties

- Let children plan a healthy party menu and prepare the food for their party. Orange smoothies, trail mix with nuts and raisins, cereal, and dried fruit and fruit salad are easy no-cook party fare.
- Plan a thematic craft for the party. For example, paint pumpkins for Halloween or create Valentine's mailboxes for holding cards. Parents can be asked to bring supplies. So the focus of the party is on something fun to *do*, not on what there is to *eat*.
- Party games are always a hit. One idea is a back-to-school scavenger hunt where children look for school supplies--easy and fun! For younger children, this game helps to increase their school supply vocabulary.
- Free time to go outside – Kids appreciate the extra free time and fresh air built into the party.
- Give nonfood goody bags. Parents can bring pencils, erasers, or small toys and stickers instead of candy.
- Parents can come to class and read a special book related to the celebration. Children love hearing stories from someone new.

Healthy Fundraiser Activities

Parent groups can have “fun” fundraisers such as talent shows/school plays, fun runs, car washes, carnivals/festivals, walk/bike/dance/bowl, jump-a-thons, silent auctions, dances, golf tournaments, and school wide yard sales.



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation