



Our School Wellness Policy:
What Parents Need To Know

Helping Kids Learn, Grow, and Be Healthy

- ★ Together, parents, school staff, and students can create a healthy school nutrition environment
- ★ Better health = better learners
- ★ Kids with healthier eating patterns and enough physical activity tend to:
 - ⦿ Have better grades
 - ⦿ Remember what was taught in class
 - ⦿ Behave better in class
 - ⦿ Miss less school time



School Wellness Policy

A wellness policy helps create a healthy school environment.

Our wellness policy talks about:

○ Nutrition education



○ Food and beverages, not but provided to students



○ Physical activity



○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more

○ Nutrition promotion



Our Wellness Policy

- Learn more! Read the full policy at:
[Families & Scholars - Achievers Early College Prep Charter School \(AECN\) | Trenton, NJ Website](#)
- Information about our policy in other languages is available at:
[Families & Scholars - Achievers Early College Prep Charter School \(AECN\) | Trenton, NJ Website](#)



Importance of Nutrition Education

- ★ Gives students the knowledge, skills, and confidence to make healthy eating choices.
- ★ Nutrition education may include:
 - teaching about healthy meal patterns
 - reading Nutrition Facts labels
 - identifying sources of added sugars, saturated fats



Get involved! Ask your teacher how you can support nutrition education in the classroom.

Nutrition Promotion

- ★ Encourage students to make healthy nutrition choices
- ★ Here are the nutrition promotion activities taking place in our schools
 - Hispanic Heritage Event
 - Thankful Celebration
 - New Year, New Goals Workshop

How can you
get
involved?

Volunteer to help by attending
an event or joining the PTA at
Parent & Teacher PTA Interest Survey - Google
Forms.



Physical Activity & Physical Education

- ★ We want kids to have the opportunity to be physically active at school.
- ★ Recommended physical activity for children and adolescents = 60 minutes or more each day.
- ★ **We offer Physical Education during the day and Athletic programs after-school. Please visit our website for more information. <https://achieversecp.org>**



Our School Wellness Policy

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and drinks sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: 609-429-0279



Keeping Activities Healthy

- At our school, we make our after-school efforts healthy and fun, such as:
 - ★ Basketball
 - ★ Cheerleading
 - ★ Soccer and Volleyball



Help us come up with
new ideas for a healthy
fundraiser!

Food and Beverages Provided (Not Sold) to Students

Our wellness policy includes:

- ★ **Wellness Wednesdays**
- ★ **Healthy Lunches**
- ★ **After-School Clubs & Athletics**

Get involved! Help educate other parents of our policy when they volunteer to bring food to classroom celebrations or provide classroom snacks.



Understanding Food and Beverage Marketing



- ★ Where have you seen advertising in our school?
- ★ We want images and messages in our school to support healthy choices.

Get involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact info@achieversecp.org.

Other School-Based Activities

Help implement our policy and promote wellness through other school-based activities, including:

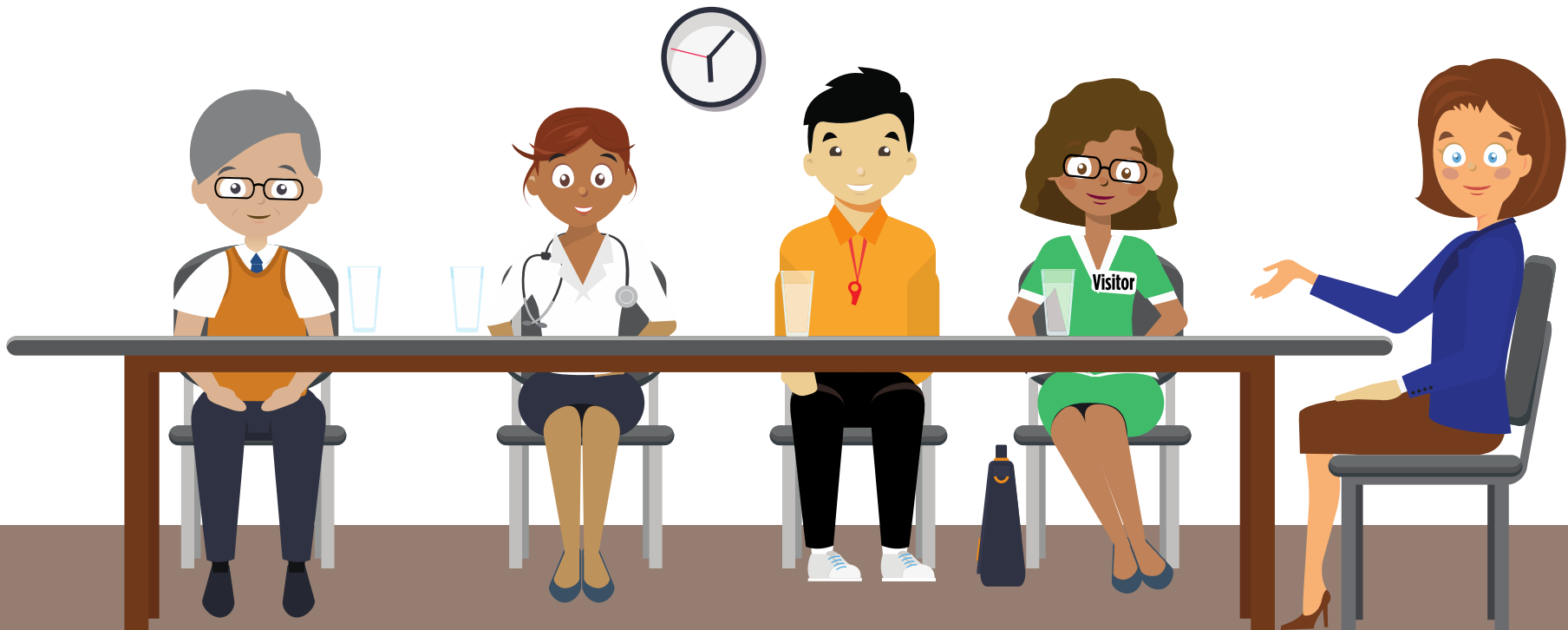
- If you have a green thumb, help try to create a school garden.
- Connect with a local farmer and coordinate a field trip.
- Help plan a wellness program (as an event for after-school).



Wellness

- Parents have the power — let your voice be heard!
- Join our PTA and become active in Wellness!

January 15. 2026 at the MS – New Goals, New Years.



Making It a Team Effort

Lots of people have a hand in supporting student health!

PE Teachers

School
Nutrition
Services

Students

Parents

School Nurses

School Board

Principals

School
Counselors

Community
Leaders



Let your voice be heard!

Refer to your handout for more information.

We Need Parents!

- ★ Tell us how our school is promoting good nutrition and physical activity or how it can improve. Email us at info@achieversecp.org.
- ★ Attend a school board meeting to advocate for more healthy changes.
- ★ Contact **Ms. Mori, Parent Liason** or team up with other parents to plan a school event promoting healthy food choices and physical activity!

Be a positive role model! Show your child how to make healthy food choices and be active.



Connecting with Wellness

- ★ Your go-to for wellness policy questions.
- ★ Our School Leaders get everyone excited and spread the message.
- ★ Contact them to get involved or reach out to Ms. Sully Mori, Parent Liaison.



Finding Our Wellness Policy

- ★ Find our wellness policy on our Web site:
[Families & Scholars - Achievers Early College Prep Charter School \(AECP\) | Trenton, NJ.](#)
- ★ Contact info@achieversecp.org for a copy or if you have questions.
- ★ Available in English and Spanish the policy is going to be shared out via PowerSchool as well.

Read the full policy to see how it supports our work to build a culture of wellness at **Achievers Early College Prep.**

Pop Quiz!

1. Can we change our wellness policy?
2. How can I get more information about school meals or Smart Snacks?
3. How often is the wellness policy updated?
4. Are students involved on the school wellness committee?
5. Who do I contact about starting a wellness event at my school?



Answers

1. Can we change our wellness policy? **Yes**
2. How can I get more information about school meals or Smart Snacks? **Contact info@achieversecp.org and check out the USDA Team Nutrition Guide to Smart Snacks on the website under the Food tab.**
3. How often is the wellness policy updated? **Annually or as needed.**
4. Are students involved in the school wellness policy? **They are the recipients.**
5. Who do I contact about starting a wellness event at my school? **Parent Liaison**

Thank you



Thank you for your time and commitment
to wellness in our schools!

