



Our School Wellness Policy:
What School Staff 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



Creating a Healthy School Environment

A wellness policy helps create a healthy school environment.

Our wellness policy talks about:

○ Nutrition education



○ Food and beverages, not sold, but provided to students



○ Physical activity

○ Foods and drinks sold to students



○ Food and beverage marketing

○ Informing the community, leadership, and more

○ Nutrition promotion



Making It a Team Effort

We all have a hand in supporting our student's health.

Let Your Voice Be Heard!

PE Teachers

School
Nutrition
Services

Students

Parents

School Nurses

School Board

Principals

School
Counselors

Community
Leaders



Wellness Committee

- ★ We need representatives from the entire school community to help us create a wellness policy and build a culture of wellness.
- ★ Join our wellness committee!

The first district meeting will occur with parents on July 15, 2026 at the MS. The title New Goals, New Year. *More details to follow shortly.*

A representative from the MS and HS can work with the Parent Liaison, the COO and interested parents.

The MS and/or HS can also schedule independent events as interested.



Our Wellness Policy

- Learn more! Read the full policy at:
[Families & Scholars - Achievers Early College Prep Charter School \(AECP\)](#)
[| Trenton, NJ](#)
- Information about our policy in other languages is available on the Achievers ECP website under the Food Program.



School
Wellness Policy



Foods Sold to Students

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and beverages sold in school during the school day must follow the Smart Snacks standards.
- Questions? Contact: info@achieversecp.org
- The Guide to Smart Snacks in School is listed on our website under the Food Program.



Keeping Activities Healthy

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



Get Involved! 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 staff about our policy when parents or colleagues volunteer to bring food to classroom celebrations or provide classroom snacks.

What healthy celebrations have you had in your classroom?
What healthy rewards do you give?



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
- ★ Nutrition education in our school:
 - Healthy Lunches
 - Encouraging healthy choices



Get involved! What types of nutrition education do you use in the classroom?

Team Nutrition Resources

- ★ Visit Team Nutrition Resource Library to find Nutrition Education materials for free!
- ★ Lessons connected to educational standards.
- ★ School activities.
- ★ Free posters, parent handouts, eBooks, and more!
- ★ <http://www.fns.usda.gov/tn/team-nutrition>



Nutrition Promotion

Achievers School Wellness Policy

- ★ Encourages students to make healthy nutrition choices.
- ★ Identifies the importance of staying active.
- ★ Ideas you could implement to support our policy:
 - Use nutrition posters in your classrooms
 - Partner with the lunch aides to do a taste-test in the lunch room
 - Make a classroom activity around naming new lunch menu items



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.

Our PE Teachers seeks to keep the children engaged.

Our Coaches and Athletic Managers support a vibrant schedule.

Our After-School Club teachers seek to keep students involved.

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.
- ★ Look around your classrooms to see if you have any food or beverage marketing.

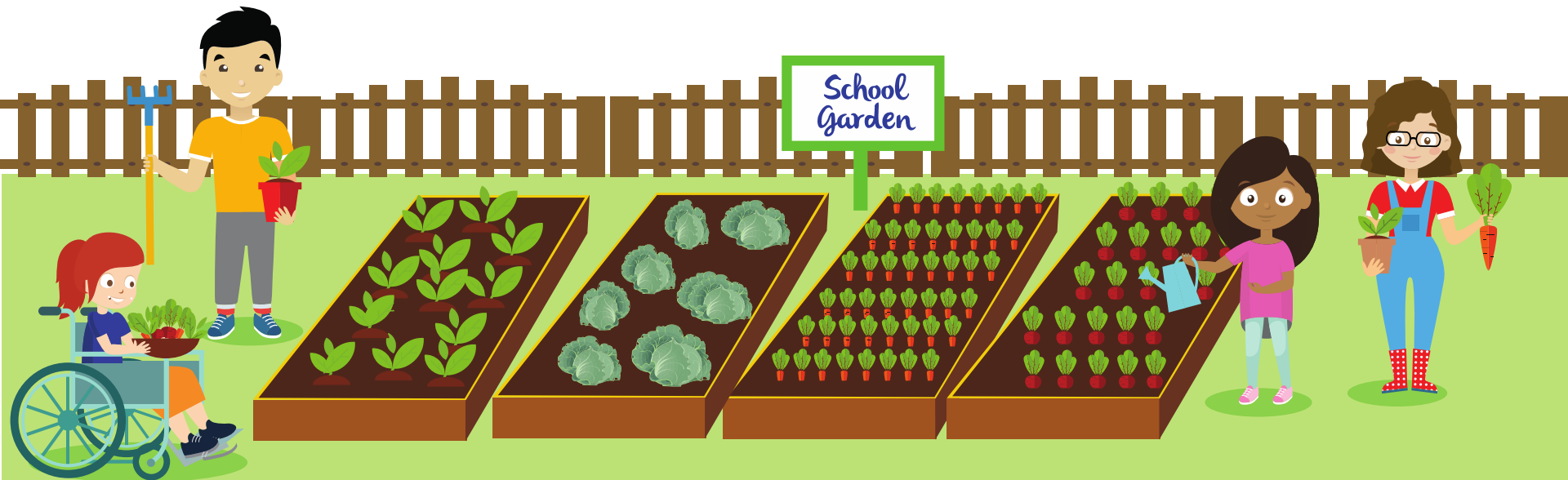


Get Involved! If you see items advertised you believe do not meet the Smart Snacks standards, please contact [your principals or operations@achieversecp.org](mailto:yourprincipalsoroperations@achieversecp.org).

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 during the day or after-school).



Finding Our Wellness Policy

Find our wellness policy...

- ★ You can 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.](#)

Connecting with Wellness

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



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 adding nutrition education or promotion into my classroom?



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? **As recipients.**
5. Who do I contact about adding nutrition education or promotion into my classroom? **School Principals**

Thank you

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

