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TIP SHEET

School Wellness

EASY STEPS FOR HEALTHIER SCHOOLS

Schools play a critical role in promoting the health of young people and helping them establish lifelong healthy behaviors.

KEY STRATEGIES FOR SCHOOLS

1. **Ensure school meets Nutrition Standards**
   - Place all foods on campus under the direction of Food Service staff, including a-la-carte foods, school stores, vending machines and fundraisers.
   - Remove marketing of junk food that can influence students to make unhealthy food choices.
2. **Eliminate sugary drinks and provide free drinking water**
   - Do not offer sports drinks, sodas, juices or other sugar-sweetened beverages.
3. **Provide students with quality physical education**
   - Supply safety equipment and make facilities accessible so all students can participate.
   - Include students with personalized learning plans.
4. **Require at least 30 minutes of physical activity every day**
   - Offer before and after-school opportunities to be active.
   - Work with local public works, planners and police departments to ensure that students have safe routes to walk and bike to school.
   - Have teachers include short physical activity breaks throughout the day, including inside the classroom.

HEALTHY STUDENTS LEARN BETTER

Proper nutrition and regular physical activity improves academic performance.

- Students who participate in the USDA School Breakfast Program have better grades and test scores and less absenteeism.
- Physical activity has been linked to better grades, cognitive performance and classroom behavior.

"We created an active environment for all students to get moving 60 minutes a day. We now offer several programs including Wake Up Workout, Mountain Biking, Winter Sports, and Staff Wellness."

MORE RESOURCES

Visit healthvermont.gov/3-4-50 for more resources, including:

Vermont School Wellness Policy Guidelines