



# Dysart Schools

## Wellness Committee Meeting

October 8, 2024



# Helping Kids Learn, Grow, and Be Healthy

- Together, parents, school staff, and students can create a healthy school nutrition environment.
- Better health = better learners
- Students with healthier eating patterns and enough physical activity tend to:
  - Better grades
  - Better behavior
  - Retain what was taught in class
  - Miss less school time



# Creating a Healthy School Environment

A wellness policy fosters a healthy school atmosphere.

Our wellness policy addresses:

- Nutrition Education
- Physical activity
- Foods & drinks sold to students
- Nutrition Promotion



- Food & beverages, not sold, but provided to students
- Food & beverage marketing
- Informing the community, leadership, and beyond.



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# Making It a Team Effort

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

Let your voice be heard!

PE Teachers

Parents

Principals

Nutrition Team

School Nurses

School Counselors

Students

School Board

Community



# Wellness Committee

- We need representatives from the entire school community to help us assess and potentially strengthen our wellness policy and build a culture of wellness.
- Encourage others to be part of the team
- Tentative Schedule
  - Meet at least 2 times/ school year
  - 1 hour meeting 3:30-4:00pm start time



# Our Wellness Policy

- Learn more! Read our policy at:
  - [Dysart Unified Local Wellness Policy](#)



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# Food Sold to Students

- Our wellness policy supports healthy school breakfasts and lunches.
- Food and beverages sold in school during the school day must follow the Smart Snacks standards.
- Questions? [Contact Here](#)

**Smart Snacks** regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.



# Keeping Fundraisers Healthy

- Make our fundraising efforts healthy and fun, such as:
  - Walk-a-thons or fun runs
  - Jump-rope-a-thon, dance-off, or dance party
  - Selling fruits and vegetables



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

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# Importance of Nutrition Education

- 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:
  - Roving Chef
  - Mystery Basket
  - Cooking Chef Challenge

Get involved! What types of nutrition education would you like to see in classrooms?

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# Team Nutrition Resources

- We're not alone:
  - Team Nutrition Resources Library
    - Free Nutrition Ed materials
    - School Garden Activities & Grants
    - Free posters, handouts, eBooks

[Nutrition Services Team](#)

**School Meals: Small Changes, Big Updates**  
Updated standards are raising the bar for us to help kids grow up healthier.

**What makes school breakfast healthier?**

- Less added sugar
- Lower sodium
- Primarily whole grain
- Fruit, vegetable, and nuts

**Sample Breakfast**

- Egg and cheese omelette with fruit
- Strawberries
- Broccoli, vegetables
- Low-fat milk

**What else could be part of a nutritious, delicious breakfast this week?\***

- Bagel with lean ham
- Cheese omelette
- Barbecue pork links
- Tofu scramble
- Whole grain muffin with nut butter
- Assorted nuts and seeds
- Yogurt
- Apple
- Association's nutrition facts label: ...and Nutrition Facts

\* Schools may create a variety of suggestions to meet the varied nutrition standards.

**TOP THINGS TO KNOW ABOUT SCHOOL MEALS**

Schools are doing a lot to make sure school meals are healthy and nutritious. Here are some of the ways they are doing it.

- 1. STANDARDS**  
Schools are following a new set of standards that require them to use more whole grains, fruits, and vegetables in their meals.
- 2. SCHOOL ENGAGEMENT**  
Schools are working with parents and the community to make sure they are providing the best meals possible.
- 3. IMPROVEMENT**  
Schools are working to improve their meals and make them more appealing to students.

**THE BIDEN-HARRIS ADMINISTRATION SUPPORTS HEALTHY KIDS**

A healthier future for our country starts with our children. Since January 2021, the Biden-Harris administration has taken action to make sure all kids have access to the nutrition they need to thrive year-round – in school and out.

- EARLY YEARS**  
• Reauthorizing WIC to best meet the needs of today's moms, babies and kids.  
• Offering more fresh fruits, vegetables and other healthy foods through WIC to give kids a head start on a strong start.
- IN SCHOOLS**  
• Making school meals even healthier, with less sodium and added sugar.  
• Providing nearly \$1.7 billion in new support to schools while helping farm families and producers.  
• Making new grants available to schools in 2020 to help school districts.
- OUT OF SCHOOLS**  
• Providing nearly \$100 million in new grants to help parents and caregivers get a head start on their kids' nutrition.  
• Investing \$100 million to continue helping states provide a more healthy quality.
- AT HOME**  
• Making healthy snacks more through the National School Lunch Program to make that 10-minute snack.
- Providing more support through Title I to help kids of all ages make healthy choices.



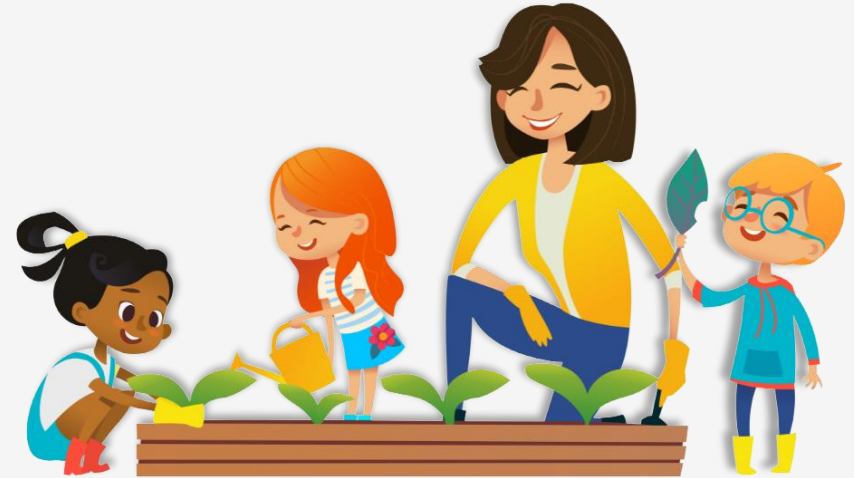
# Physical Activity & Physical Education

- Recommended Daily Activity
  - 60 minutes/ day or more
- We want students to be physically active:
  - Recess
  - PE Class
  - Field Days
  - School Sports
  - Class activity breaks



# Other School-Based Activities

- Help implement our policy and promote wellness through other school-based activities, including:
  - Team up to provide a fun, interactive activity during our health fair (School 5k, Fit Family Friday, etc.)
  - Contact Food Services to set up nutrition education for your class



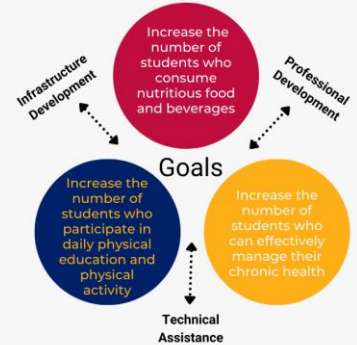
# Local Wellness Policy Assessment

- What is the policy assessment?
  - Must be completed once every 3 years
  - Assesses how well we are implementing what is written in our policy.
- What is Dysart doing well?
  - Nutrition Promotion
    - Smarter Lunchroom
- Where can we improve?
  - School Meal Standards
    - Adequate time to eat
    - Recess always before Lunch

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## Comprehensive School Wellness Program



# Connecting with our Wellness Coordinator

- How to connect
  - Come visit us in-person if you have questions
  - It's exciting to connect and spread the message
  - Reach me here:
    - [elizabeth.biggs@Dysart.org](mailto:elizabeth.biggs@Dysart.org)
    - 623-876-7952



Elizabeth G. Biggs, RDN, SNS

Contact us to get involved!

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# Pop Quiz

- How can I get more information about school meals or Smart Snacks?
- How often is the wellness policy updated?
- Are students involved on the school wellness committee?
- Who do I contact about adding nutrition education or promotion into my classroom?



# Answers

- Contact the School Nutrition Director and check out the USDA Team Nutrition Guide to Smart Snacks
- Three years is the time that you are required to revisit your policy and see how we are doing
- Yes! Anyone in the community can join us
- The Nutrition Department



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# Next Meeting Agenda

- **Assessment Review**
  - Discuss changes to strengthen policy
  - Bring ideas to the next meeting to share
- **Any Questions?**





**Dysart** Schools

