

Be A School Wellness Champion



We need your help to make our school healthier!

Students spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition also helps students learn better at school. Our school wellness policy tells how our school is making the healthy choice, the easy choice for kids. You can help update the school wellness policy and to put it into action.

4 ways you can help:

1 Join the school wellness committee.
The wellness committee will meet as needed to work on projects to help make our schools healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy! To join the team, email sknotts@fsd3.org or vmouzon@fsd3.org.

2 You may use the following link to review the wellness policy: www.florence3.k12.sc.us/departments/food_service/local_wellness_policy. If you have questions, contact Mrs. Valerie Mouzon, FS Supervisor in the Office of SFS or Mrs. Sheila Knotts, Secretary to the Superintendent in the district office.

3 Support classroom and school events to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.

4 Rate our school wellness. Share how our school is doing in promoting good nutrition and physical activity.

What is in our school wellness policy?

The full school wellness policy is online: www.florence3.k12.sc.us Departments, Food Service, Local Wellness Policy.

Major topics in the policy are:

- Nutrition education and promotion
- Physical activity
- Other wellness activities (such as school gardens and walk/bike to school)
- Nutrition standards for all foods and drinks sold to kids at school
- Foods and drinks that may be given to students (such as at classroom celebrations or foods given as rewards for behavior)
- Food and beverage

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning.

Better Health = Better Learners