

# *HEALTHY SCHOOL TEAM MEETING TEMPLATE*

**School:**

**Date:**

**Wellness Champion Name:**

**Healthy School Team Members:** (Parents, students, food service, admin, health professionals, PE, public)

**Name:**

**Contact:**

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## **Wellness Policy Elements discussed:**

- **Nutrition Education** (integrated into classrooms, hands on experiences-gardens, nutrition labels, how does food reach the table?)

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- **Nutrition Promotion** (school environment promotes healthy eating, nutrition info is posted, parents have ideas for healthy celebrations, concessions promote healthy food)

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- **Physical Activity** (school follows required times, personnel will not deny or require physical activity as a means of punishment)

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- **All Foods and Beverages Available on Campus/Marketing** (school does not use food as a reward, nutrition standards for competitive foods and beverages followed, Smart Snacks rule followed)

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- **Other School- Based Activities** (school activities integrate nutrition, physical activity, wellness to promote student well-being, after school activities encourage healthy eating, Employee wellness, eating environment and time allotted, recycling)

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- **Community Involvement** (information is on website, surveys, feedback, and stakeholders have input)

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**Goals for our school:** (measurable)

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