

95210 is a Wellness Zip Code

95120 is a great way to remember the healthy decisions a child can make each day.



*Aim for **9** hours of sleep each night to be rested and ready to learn, play and grow!

*Strive for **5** servings or more of fruits and vegetables every day!

* No more than **2** hours of screen time: TV, computer, smartphone, tablet, etc. each day instead.

***1** hour of physical activity every day and

*Have **0** sugar-sweetened beverages:

Choose milk or water over juice, sports drinks or soda.

W–Well-being

E- Exercise everyday

L- Lifestyle

L– Laugh everyday

N– Nutrition & Diet

E– Eat Well

S– Stress Management

S– Sleep Well



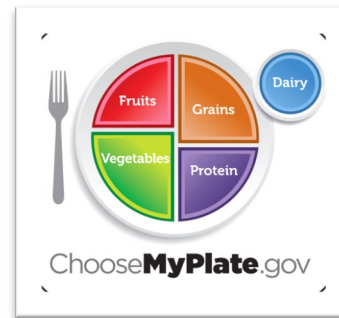
A Note to Parents:

Regarding Birthdays celebrations at your child's school:

Be familiar with your

school's **Healthy School Team** celebration policy and please coordinate your plans with your child's teacher well in advance! *23 cupcake celebrations are just too much!*

Reminder: A small but growing number of children have food allergies such as peanut and /or tree nut allergies.



Healthy Eating Environment To maintain a healthy school environment and to model healthy eating habits, the district discourages commercially-prepared foods (fast foods) brought on campus and encourages you and your family to experience the healthy food offerings at Champ's Café.



Charlotte County Public Schools
Charlotte County, Florida



Wellness Policy:

<https://www.yourcharlotteschools.net/Wellness>

Charlotte County Public Schools recognizes that good nutrition and regular physical activity affect the academic performance, health and well being of its students. Please join us in promoting healthy behaviors and habits to improve **Student Success!**

School is the place to practice what we teach about health and nutrition.

Led by a **Wellness Champion**, each school's HST, Healthy School Team, is comprised of stakeholders including the Physical Education Teacher, the Champ's Café Manager, the School Nurse and other health professionals, a school administrator, teachers and students, as well as the public, and meets annually to review how the district wellness policy applies to your school and to set guidelines for wellness in all our schools.

***Choose foods high in fiber & nutrients and low in sugars, sodium, and fat; Fiber is found in whole grains, fruits and vegetables.**

***USDA is an equal opportunity provider, employer and lender.**