

School Health Guidelines: School Connection

Guideline 1: Policies and Practices

August 2015

Guideline 1: Where to Start

Implementing strong policies and practices for healthy eating and physical activity are powerful contributors to promoting students' academic success and meeting district goals.

Steps to get started: assess the current wellness policy, create a realistic action plan, implement the plan, and then evaluate how it went. Think baby steps.

Ideas to Try at School:

- Invite parents/families to be part of the school wellness team
- Review the school wellness policy using an assessment tool
- Use the [School Health Index](#) to assess current strengths and weaknesses in policies and practices
- Create and implement an action plan to improve school nutrition and physical activity
- Celebrate success! Get the word out to your community about your healthy school improvements

Healthy Kids Learn Better.

Resources/links:

[School Health Guidelines \(full\)](http://www.cdc.gov/healthyyouth/npao/strategies.htm): <http://www.cdc.gov/healthyyouth/npao/strategies.htm>

[School Health Guidelines Executive Summary \(short\)](http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf): http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf

[School Health Index](http://www.cdc.gov/healthyyouth/shi/): <http://www.cdc.gov/healthyyouth/shi/>

[Action for Healthy Kids](http://www.actionforhealthykids.org/): <http://www.actionforhealthykids.org/>

[Iowa Department of Education School Wellness](https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness): <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>



GUIDELINE

1

Policies and Practices

Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.

School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

You can't educate a child who isn't healthy

and

you can't keep children healthy who are not educated.

Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and 515.281.5327

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School Health Guidelines: Home Connection

Guideline 1: Policies and Practices

August 2015

Working Together

Parents/families are the most important role models children have in learning everything from academics to health behaviors. When parents/families partner with schools, they make a great combination. Strong policies and practices for healthy eating and physical activity implemented at school are powerful contributors to promoting students' academic success and meeting district goals.

This series of 9 newsletters, focused on school health, will be shared to strengthen the home-school connection.

Ideas to Try at Home:

- Volunteer to be part of the school wellness team
- Promote healthy eating and physical activity at home with healthy meals and snacks and plenty of play
- Link community partners with the school wellness team
- Support and promote the healthy eating and physical activity initiatives happening at your school

Healthy Kids Learn Better.

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*The first
wealth is
health.*

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