

Health &

Wellness

Gahanna Jefferson Public Schools

Issue 1

Introducing:

- ❖ Wellness Wake-Up
Calls new to school
morning announcements

Check Out:

- ❖ The improved Child
Nutrition & Menus corner
of GahannaSchools.org.
website
- ❖ Wellness Policy Updates



Welcome Gahanna Community Members!

This is the first periodical, updating you and your family on all things health and wellness occurring in our schools and community. Expect 3 to 4 newsletters per calendar school year. If you have contributions or questions regarding this letter, please email

Linda Green at GreenL@GJPS.org or

Molly Martin at MartinM@GJPS.org. Thanks!

Gahanna Wellness Committee

Who we are:

Parents, students, representatives of school food authority, school health professionals, teachers, members of the community, and school administrators. Feel free to join us at meetings!

What we do:

Our main objective is to enhance students' health and wellbeing. We discuss ideas and processes to continuously improve our children's nutrition and physical activity within the school day as well as how to encourage life-long healthy habits.

When we meet:

3:45pm

* February 24th

* May 4th

Where we meet:

Central Office

Conference Room 1

Wellness Wake-Up Call!

Wellness Wake-Up Calls can be heard on the morning announcements at your child's school.

These Wake-Up Calls are designed to get students thinking positively about food and his/her body. Messages like "Fruits and Veggies are bright colors because they contain vitamins to make us healthy" encourage healthy eating habits among our youth.

These fun facts use simple language for K-5th graders and more advanced for 6-12 graders.



SPOTLIGHT- Wellness Policy 8510

Updates Include:

- Club meetings and tutoring will not be scheduled during mealtimes unless student is able to eat during it.
- Students are discouraged from sharing food items due to allergy concerns and restrictions
- All food and beverages available for sale to students must abide by the USDA Smart Snacks Guidelines (Senate Bill 210), which begins at *midnight* of the school day to *30 minutes after* the school day concludes. This includes school stores, vending machines & fundraisers.
- Principals are responsible for measuring and evaluating the wellness policy for his/her building.
- Parents are encouraged to promote this new policy and advocate alongside school staff to create a healthier environment for all students.
- Policies to be posted on website
- Periodic assessment, review, and measurement of Policy

Gahanna Schools.org
→ **Child Nutrition and Menus**

Check out these resources!

- **USDA Choose My Plate**
- **Nutrition 411**
- **Meals Matter**
- **American Diabetes Association**
- **Local Matters**
- **Eat Right**
- **American Heart Association Healthy Kids**
- **Alliance for a Healthier Generation**