

Join our Wellness Committee!

"Creating a Culture of Wellness"

WHY DO WE HAVE A WELLNESS POLICY?

TUSD BELIEVES IN PROMOTING & PROTECTING CHILDREN'S HEALTH, WELL-BEING, AND ABILITY TO LEARN BY SUPPORTING HEALTHY EATING AND PHYSICAL ACTIVITY. FEDERAL LEGISLATION REQUIRES DISTRICTS WHO PARTICIPATE IN THE NATIONAL SCHOOL LUNCH PROGRAM TO ESTABLISH WELLNESS POLICY.

WELLNESS POLICY IN ACTION!

Our kids
deserve
the best!

- ANNUAL WELLNESS FAIR
- HEALTHY EVER AFTER NUTRITION EDUCATION LESSONS
- HEALTHY ALTERNATIVES PROVIDED AT ALL SCHOOL EVENTS DURING THE SCHOOL DAY
- TRANSPARENT ANNUAL SURVEY AND ASSESSMENT TO THE COMMUNITY

JOIN US TO SUPPORT A HEALTHY SCHOOL ENVIRONMENT BY:

- MODELING HEALTHY BEHAVIORS
- JOINING OUR WELLNESS COMMITTEE AT WELLNESSPOLICY@TUSD.ORG

EXERCISE
DAILY!



EAT HEALTHY!



DANCE MORE!



STAY STRONG!!



Visit us at:

www.tusd.org

for more tools and resources