



Taking PSD's Wellness Policy to the Next Level,

How Can PTO's Help?

Poudre School District has had a wellness policy since 2006, and now with the new 2012 Strategic Direction, schools are taking implementation to the next level. PTO's can help with this effort by also focusing on the following healthy school environment areas:

PHYSICAL
ACTIVITY
REWARDS

Use physical activity as an
incentive for students &
avoid taking it away

USING
NON-FOOD
REWARDS

Support teachers with non-food reward options or
healthy food options and decrease the use of
candy and soda.

OFFER 50%
HEALTHY
FOODS

Have half of party foods be
fruits, vegetables, and non-
sugar sweetened drinks