



POUDRE SCHOOL DISTRICT
Wellness

How Can Parents Support Wellness?

1. Create Healthy Habits At Home

- Let your child be involved in healthy meal planning and preparation.
- Take a cooking class with your child.
- Offer fruits and vegetables with every meal.
- Teach your child about serving sizes, and food

Students who Partake in Healthy Habits are:

- More successful.
- More prepared to learn.
- Have increased concentration.
- Have improved test scores.
- Are more likely to attend school.
- Have better attendance.
- Have a more positive attitude about school.
- Take advantage of educational opportunities.
- Less likely to be involved in drug or alcohol abuse.

2. Be A Good Role Model

- Drink milk at dinner
- Eat breakfast with your child.
- Spend time together by going on a hike, playing catch, or going for a bike ride.
- Pack healthy lunches and snacks for work.
- Enjoy being active, your child will follow your lead.

3. Create Healthy Habits At School

- Send healthy classroom snacks like fruit or yogurt.
- Organize healthy fundraisers like a walk-a-thon.
- Go through the lunch menu with your child to pick healthy options.
- Join your school wellness team.
- Encourage your child to join and participate in a sport or activity they enjoy.

