



A **healthier** place for all students to learn and grow!

Our **Wellness Policy** helps
students eat healthy,
move more, and learn
better in school.

Get involved!

Join our Wellness
Committee and help
shape a healthier future
for our students.



Learn more about our wellness policy
www.resdonline.org



**Nutritious meals
and snacks**
fuel learning and growth



Physical activity
keeps students energized,
strong, and ready to learn



Wellness education
teaches students and staff
about healthy habits

What is a Local Wellness Policy?

A Local Wellness Policy is a **set of recommendations**
to help schools support students' health, well-being,
and learning. Here is what our district is doing:

Wellness activities

- Daily recess for K-8
- Nutrition education
- Staff wellness
- 3-year evaluation and monitoring

Highlights

- USDA Smart Snacks in School
- National School Lunch and Breakfast Program
- 45 minutes daily physical education for K-8
- Food safety guidelines



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