



Lesson 10 – Working Toward Wellness

Background Information

Schools play an important role in improving students' health and social outcomes, and promoting academic success. More than 95 percent of our nation's young people have direct contact with schools for about 6 hours a day and up to 13 critical years of their social, psychological, physical, and intellectual development.

The Local School Wellness Policy requirement, mandated by the USDA through the **Child Nutrition and WIC Reauthorization Act of 2004**, and further strengthened by **The Healthy, Hunger-Free Kids Act of 2010**, requires the development and implementation of a school wellness policy to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.



Each **Local School Wellness Policy** is required to have certain components. Policies must have specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Districts must have nutrition guidelines for all foods available on the school campus; these standards must be consistent with Federal regulations for school meals and competitive foods. In addition, there must be policies in place that only allow for marketing and promotion of foods that meet USDA Smart Snacks in Schools standards. The process of developing, assessing, updating, and sharing the policy must involve the school community (such as teachers, administrators, school meals program staff, etc.) and the general public. The wellness policy needs to be available to the public, and assessed every three years. The results of the assessment, as well as any updates or progress, must be made available to the public as well.

Concepts and Vocabulary

Child Nutrition and WIC Reauthorization

Act of 2004: Legislation authorizing continued funding for several programs, including the National School Lunch and School Breakfast Programs. This particular law added a new requirement for each district to have a Local School Wellness Policy.

Healthy, Hunger-Free Kids Act of 2010:

Legislation authorizing continued funding for several programs, including the National School Lunch and School Breakfast Programs. This particular law mandated changes strengthening the Local School Wellness Policy requirement.

Local School Wellness Policy: A written document that guides a school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

10.1: Learning Activity

Overview

In this activity, participants learn about local school wellness policies by creating their own ideal wellness policy. Participants start off by brainstorming on sticky notes different ways a school can support wellness. Next, the groups are provided with a handout about district wellness policy requirements, and are asked to organize their ideas into the different categories of wellness policy requirements. Using that as a foundation, they create their ideal wellness policy by filling in any gaps in the requirements.

Getting Ready

Time Required

45 minutes

Materials Needed

(Materials provided in the curriculum)

For Each Group of 2-4 Participants <ul style="list-style-type: none"><input type="checkbox"/> Flip chart paper (one sheet for Opening Questions and one sheet for creating their wellness policy)<input type="checkbox"/> Markers, pens, or pencils<input type="checkbox"/> <i>District Wellness Policy Requirements (Handout 10-A)</i><input type="checkbox"/> 1.5" x 2" colored sticky notes (four pads per group)	For the Facilitator <p>Optional:</p> <ul style="list-style-type: none"><input type="checkbox"/> <i>Lesson 10 (PowerPoint)</i><input type="checkbox"/> Computer<input type="checkbox"/> PowerPoint Projector
For the Class <ul style="list-style-type: none"><input type="checkbox"/> None	For Each Participant <ul style="list-style-type: none"><input type="checkbox"/> None

Preparation

Handouts

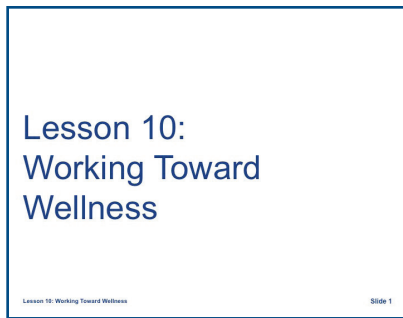
1. Make copies of the following handout:
 - ***District Wellness Policy Requirements (Handout 10-A)***, one copy per group.

Classroom Set-up

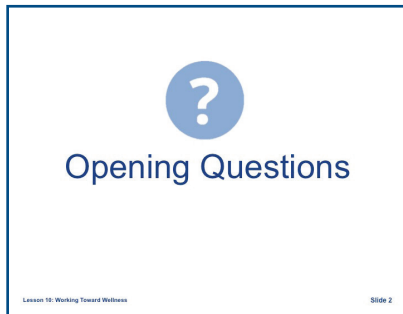
2. Organize the class into small groups of 2 to 4 participants.
3. Provide each group with a sheet of flip chart paper and markers, pens, or pencils to answer opening questions/prompts.

Optional

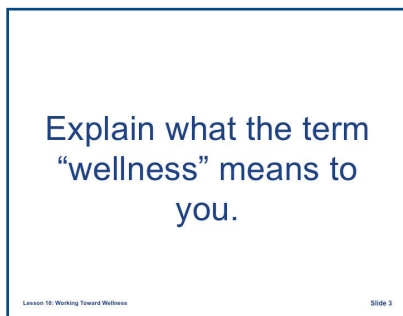
4. Before participants arrive, connect laptop to projector. Load ***Focus on Food Lesson 10*** (PowerPoint).



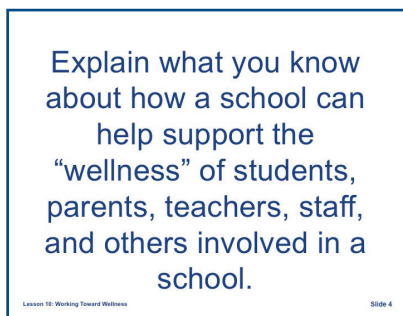
Slide 1



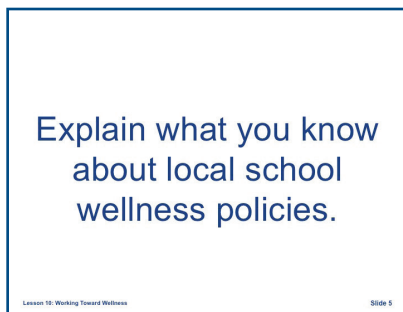
Slide 2



Slide 3



Slide 4



Slide 5

Opening Questions/Prompts

Small Group Discussion

1. **Say:** Let's get started with Lesson 10 – Working Toward Wellness! **(Slide 1)** To begin, I'd like everyone to discuss some opening questions within your group. **(Slide 2)** Once you've discussed the prompts within your groups, we will come back together as a class and discuss your thoughts and responses as a whole.

The first prompt I'd like you to discuss within your groups is:

- Explain what the term "wellness" means to you. **(Slide 3)**

Facilitator Tip: Explain to participants that they may write their answers independently or assign one person in their group to write down everyone's thoughts. It may be helpful to explain to the class that they will learn more about these topics throughout the lesson.

2. **Do:** Allow 2 to 3 minutes for groups to discuss the prompt. Repeat with the remaining prompts:
 - Explain what you know about how a school can help support the "wellness" of students, parents, teachers, school nutrition service staff, and others involved in a school. **(Slide 4)**
 - Explain what you know about local school wellness policies. **(Slide 5)**

Class Discussion

3. **Say:** As a class, let's discuss what you talked about in your groups. What were some of your thoughts on the first prompt, "Explain what the term "wellness" means to you?"
4. **Do:** Allow about a minute for participants to share their thoughts on this topic with the class. Repeat with the remaining prompts:
 - Explain what you know about how a school can help support the "wellness" of students, parents, teachers, school nutrition service staff, and others involved in a school. **(Slide 4)**
 - Explain what you know about local school wellness policies. **(Slide 5)**



Slide 6

Procedure (Experiencing)

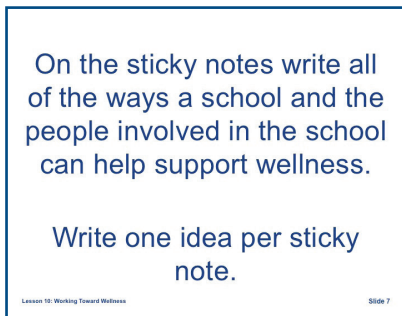
Brainstorming

5. **Say:** Now that we've completed our opening discussion, we'll start on the activity for this lesson. **(Slide 6)** This activity involves Local School Wellness Policies. There are a lot of different ways a school can promote wellness. Think about all of the possible resources in a school that help support the "wellness" of students, parents, teachers, staff, and others in the school community.

- Take all these ideas about schools supporting wellness, and write them on sticky notes. **(Slide 7)**
- Only write one idea per sticky note. This is important, since you'll be doing something with these sticky notes later on in the activity.

6. **Do:** Provide each group with 1.5" x 2" colored sticky notes (four pads per group). Allow participants several minutes to brainstorm and record ideas.

Facilitator Tip: *If you observe participants writing very general concepts on each sticky note, encourage them to provide specific examples. For example, if participants write, "more exercise", you may prompt them by saying, "what specific things do you think could help get students and other members of the school community to be more physically active?"*



Slide 7

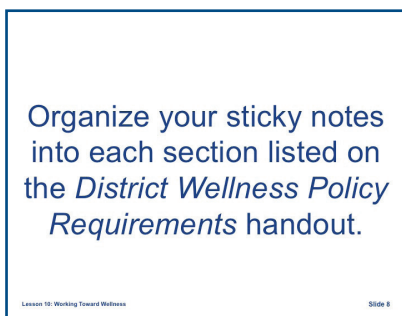
Creating an Ideal Wellness Policy

7. **Say:** Now I'm going to distribute a handout about District Wellness Policy Requirements. Organize your sticky notes into each component listed on the ***District Wellness Policy Requirements***. **(Slide 8)**

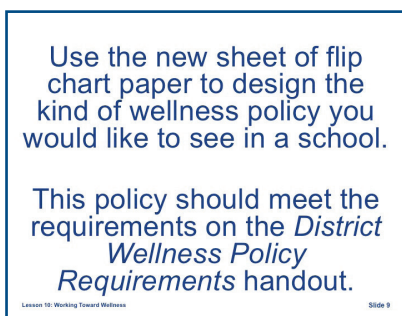
8. **Do:** Provide each group with a copy of ***District Wellness Policy Requirements (Handout 10-A)***. Allow participants a few minutes to organize their sticky notes.

9. **Say:** I'm going to hand out new blank pieces of flip chart paper. Use this new sheet of flip chart paper to design the kind of wellness policy you would like to see in a school. **(Slide 9)**

- Think of it as your "ideal" wellness policy.



Slide 8



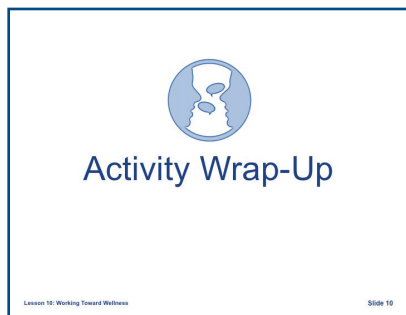
Slide 9

- Your policy should meet the requirements on the ***District Wellness Policy Requirements*** handout.
10. **Do:** Hand out a new, blank piece of flip chart paper to each group. Allow participants several minutes to brainstorm create their ideal wellness policy.

Facilitator Tip: Encourage participants to think about the earlier discussion regarding what wellness means to them, and how they can use those ideas to create a healthy school. If necessary, you may provide them with some things to think about when creating their own wellness policy:

- ***What are some ways to promote healthy food choices at school?***
- ***Think about other areas of the school. Are there opportunities to promote healthy food choices in the classroom? What about after school or before school?***
- ***Describe how you would encourage involvement from people in the school or in the community in promoting healthy food choices.***
- ***How will you tell people in the community what your school is doing to promote wellness?***

Activity Wrap-Up (Sharing, Processing, and Generalizing)



Slide 10

11. **Say:** Let's have each group share their wellness policy with the class. **(Slide 10)**
12. **Do:** Follow the group's line of thinking, and if necessary, ask more targeted questions.
- What are some common things that were listed under the "Nutrition Promotion" section of each group's wellness policy?
 - What are some common things that were listed under the "Physical Activity" section of each group's wellness policy?
 - What are some common things that were listed

under the “Nutrition Guidelines” section of each group’s wellness policy?

- What are some common things that were listed under the “Community Participation” section of each group’s wellness policy?
- What are some common things that were listed under the “Checking That It’s Working” section of each group’s wellness policy?
- What are some common things that were listed under the “Sharing With the Public” section of each group’s wellness policy?

Facilitator Tip: Groups may not have anything listed under “Checking That It’s Working” or “Sharing With the Public.” If this is the case, brainstorm different ways their policies could be assessed and/or disseminated with the class.

- Describe some ways you already promote wellness at your school site.

Facilitator Tip: If there are any misconceptions remaining in this phase of the lesson, you should address these now.

Concept and Term Discovery/Introduction

Over the course of the lesson, participants should be able to identify the following concepts:

- Schools play an important role in improving students’ health and social outcomes, as well as promoting academic success.
- There is a federal mandate that requires school districts participating in the National School Lunch Program and/or School Breakfast Program to develop a Local School Wellness Policy.
- A Local School Wellness Policy (“wellness policy”) is a written document that guides a school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.
- A wellness policy should include specific goals for nutrition promotion; nutrition education; physical activity; and other school-based activities that promote student wellness

The following key vocabulary terms should be discovered by participants or introduced to them: Local School Wellness Policy.

10.2: Expanding Knowledge

Overview

In this mini-lecture, participants will learn more about the different requirements of a Local School Wellness Policy and some ways schools are implementing them.

Getting Ready

Time Required

10 minutes

Materials Needed

(Materials provided in the curriculum)

For the Facilitator <ul style="list-style-type: none"><input type="checkbox"/> Lesson 10 (PowerPoint)<input type="checkbox"/> Computer<input type="checkbox"/> PowerPoint Projector	For Each Group of 2-4 Participants <ul style="list-style-type: none"><input type="checkbox"/> None
For the Class <ul style="list-style-type: none"><input type="checkbox"/> None	For Each Participant <ul style="list-style-type: none"><input type="checkbox"/> None

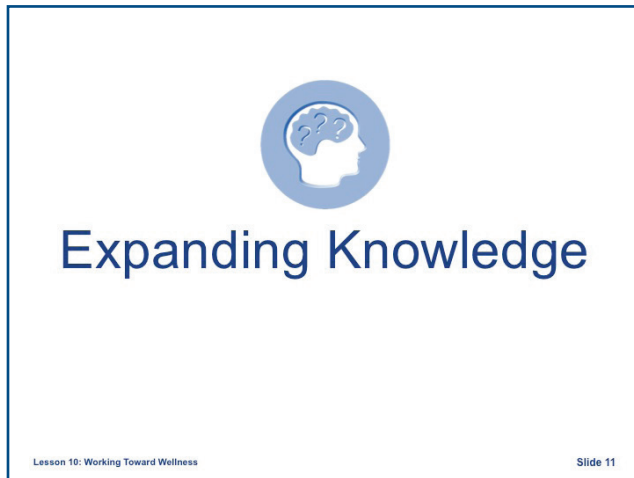
Preparation

Projector Set-up

1. Connect laptop to projector. Load **Focus on Food Lesson 10** (PowerPoint).
2. Queue the PowerPoint presentation to Slide 11.

Procedure

1. **Do:** Go through the Expanding Knowledge presentation slide by slide. The following script is available for use if you so choose.



Slide 11

Slide 11

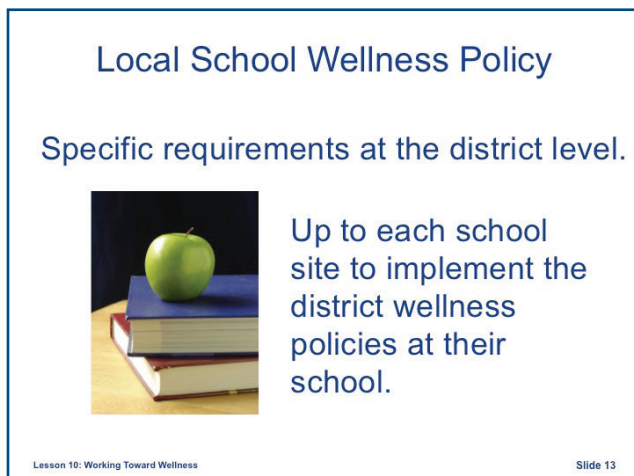
That was a great discussion! Now it's time to recap some concepts we learned throughout Lesson 10, working toward wellness.



Slide 12

Slide 12

Let's talk some more about Local School Wellness Policies. Schools play an important role in improving student's health, well being, and academic performance, and school wellness policies are a reflection of the impact schools can have on many aspects of student health. School districts are required by the United States Department of Agriculture to have a set of Local School Wellness Policies that help support healthy children.



Slide 13

Slide 13

It is important to note that while there are specific wellness policy requirements at the district level, it is up to each school site to implement the district wellness policies at their school.

District Wellness Policy Requirements

 Nutrition Promotion	 Nutrition Education
 Physical Activity	 Nutrition Guidelines
 Other Areas of Student Wellness	 Checking That It's Working
 Community Participation	 Sharing With The Public

Lesson 5: Nutrients of Concern Slide 14

Slide 14

Slide 14

Now let's recall the general district wellness policy requirements. Wellness policies must include rules that support nutrition promotion; nutrition education; physical activity; other areas of student wellness; and nutrition guidelines. They also need to involve the community; have a way to check that the policies are being implemented and are working; as well as a plan to share policies and progress with the public.


Let's go over these categories in more detail.

District Wellness Policy Requirements

Include goals that promote good nutrition in schools.

Examples:

- “School lunchrooms should advertise healthy foods”
- “Teachers use non-food items to reward students”



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As you may recall, wellness policies should include goals that promote good nutrition in schools. Some policy examples include: “School lunchrooms should advertise healthy foods”, or “Teachers use non-food items to reward students for good behavior”. Does any one want to share more examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

Include goals for teaching nutrition in the classroom, coordinating with the school lunchroom.

Examples:



“Students of all grade levels learn about nutrition in the classroom”

“School lunchrooms feature foods that students are learning about in class”

Lesson 10: Working Toward Wellness Slide 16

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Slide 16

Wellness policies should also include goals for teaching nutrition in the classroom and coordinating nutrition messages with the school lunchroom. Some policy examples include: “Students of all grade levels learn about nutrition in the classroom.” or “School lunchrooms feature foods that students are learning about in class” Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

Include goals for student's physical activity.

Example:

"In addition to recess, students are given the opportunity to be physically active at least 200 minutes a week"



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Wellness policies should also include goals for student's physical activity. One policy example is: "In addition to recess, students are given the opportunity to be physically active at least 200 minutes a week." Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

Include goals to support other areas of student wellness.



Example:

"Schools will provide services that emphasize student support, advocacy, and resiliency building."

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Wellness policies should also include goals to support other areas of student wellness. These might include policies about staff wellness, providing student health clinics, and/or supporting mental health, although they don't have to be limited to just these.

One policy example is: "Schools will provide services that emphasize student support, advocacy, and resiliency building." Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

Include nutrition guidelines for all foods available on the school campus, with the goal of promoting student health.

Example:

"Schools abide by the USDA meal patterns and food safety guidelines"



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Wellness policies should also include nutrition guidelines for all foods available on the school campus, with the goal of promoting student health. One policy example is: "Schools abide by the USDA meal pattern and food safety guidelines" Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

Involvement of the school community in designing and carrying out the policy, including parents, students, teachers, school health and nutrition professionals, the school board, school administrators, and the general public.



Example:

“All schools have a wellness committee with diverse members to design and carry out policy”

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Wellness policies should also include involvement of the school community in designing and carrying out the policy, including parents, students, teachers, school health and nutrition professionals, the school board, school administrators, and the general public. One policy example is: “All schools have a wellness committee with diverse members to design and carry out policy”. Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

The district checks that schools are following the wellness policy. The results are made available to the public.



Example:

“The wellness committee assesses each school’s progress with wellness policy implementation once a year. Results are posted on the district website.”

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Wellness policies should also include guidelines that make sure that the district checks that schools are following the wellness policy. This is a chance to find out if the district is making progress in reaching nutrition and health goals. The results are made available to the public.

One policy example is: “The wellness committee assesses each school’s progress with wellness policy implementation once a year. Results are posted on the district website”. Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

The district lets the public know about what is in the local wellness policy and what actions are taking place as a result of the policy.

Example:

“Each school provides a public newsletter that highlights new wellness policies being implemented in each school”



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Slide 22

Finally, Wellness policies should also include guidelines that make sure that the district lets the public know about what is in the local wellness policy and what actions are taking place as a result of the policy.

One policy example is: “Each school provides a public newsletter that highlights new wellness policies being implemented in each school.” Any other examples?

[Pause to allow responses from the class.]

District Wellness Policy Requirements

 <p>Nutrition Promotion</p>	 <p>Nutrition Education</p>
 <p>Physical Activity</p>	 <p>Nutrition Guidelines</p>
 <p>Other Areas of Student Wellness</p>	 <p>Checking That It's Working</p>
 <p>Community Participation</p>	 <p>Sharing With The Public</p>

Lesson 5: Nutrients of Concern Slide 23

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Just to recap, here are the seven District Wellness Policy Requirements one more time.

The Role of Nutrition Services

Nutrition services personnel play an important role in helping to implement school wellness policies.



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Let's not forget that nutrition services personnel play an important role in helping to implement school wellness policies that support the health, well being, and academic performance of each student.

10.3: Goal Setting Activity

Overview

In this activity, participants will use what they've learned to set goals about becoming involved in their local school wellness policy.

Getting Ready

Time Required

5 minutes

Materials Needed

(Materials provided in the curriculum)

For the Facilitator Optional: <input type="checkbox"/> Lesson 10 (PowerPoint) <input type="checkbox"/> Computer <input type="checkbox"/> PowerPoint Projector	For Each Group of 2-4 Participants <input type="checkbox"/> None
For the Class <input type="checkbox"/> None	For Each Participant <input type="checkbox"/> Goal Setting – Working Toward Wellness (Activity Sheet 10-B) Optional: <input type="checkbox"/> Focus on Food Lesson 10 Newsletter (Handout 10-C)

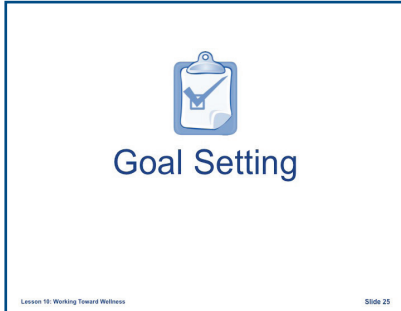
Preparation

Handouts

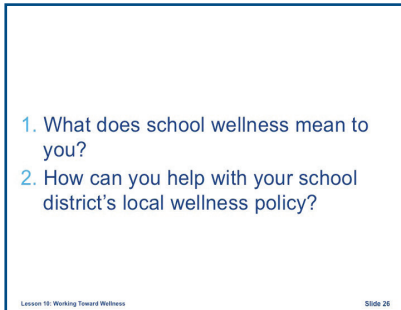
1. Make copies of the following handouts:
 - **Goal Setting – Working Toward Wellness (Activity Sheet 10-B)**, one for each participant.
 - Optional: **Focus on Food Lesson 10 Newsletter (Handout 10-C)**, one for each participant.

Projector Set-up

2. Connect laptop to projector. Load **Focus on Food Lesson 10** (PowerPoint).
3. Queue the PowerPoint presentation to Slide 25.



Slide 25



Slide 26



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Procedure

1. **Say:** Now let's move on to Goal Setting! **(Slide 25)** We've talked about how a school can help support the wellness of students. The next step is to set some goals and make a plan. I am going to distribute a Goal Setting Handout that has the following questions: **(Slide 26)**
 - What does school wellness mean to you?
 - How can you help with your school district's local wellness policy?
2. **Do:** Provide a copy of the **Goal Setting – Working Toward Wellness Handout (Handout 10-B)** to each participant. Allow participants a few minutes to complete the handout.
3. **Say:** Would anyone like to share the goals they set for themselves?

Optional:

4. **Say:** I'm going to distribute one last handout, which is a newsletter with some extra information you might be interested in. Thank you all for participating in Lesson 10! **(Slide 27)**
5. **Do:** Provide a copy of the **Focus on Food Lesson 10 Newsletter (Handout 10-C)** to each participant.

District Wellness Policy Requirements

The Local Wellness Policy federal mandate requires that, at a minimum, a Local School Wellness Policy should have the following areas of emphasis:

1. **Nutrition Promotion**: Goals to promote nutrition on the school campus.
2. **Nutrition Education**: Goals for teaching nutrition in the classroom, coordinating with the school nutrition program.
3. **Physical Activity**: Goals for student's physical activity.
4. **Other Areas of Student Wellness**: Goals to support other areas of student wellness.
5. **Nutrition Guidelines**: Nutrition guidelines for all foods available on the school campus, with the goal of promoting student health.
6. **Community Participation**: Involvement of the school community in designing and carrying out the policy, including parents, students, teachers, school health and nutrition professionals, the school board, school administrators, and the general public.
7. **Checking That It's Working**: The district checks that schools are following the wellness policy. This is a chance to find out if the district is making progress in reaching nutrition and health goals. The results are made available to the public.
8. **Sharing With The Public**: The district lets the public know about what is in the local wellness policy and what actions are taking place as a result of the policy.

Focus on Food Lesson 10 Newsletter

The optional newsletter on the following pages is designed to help reinforce the concepts learned. If offering this course in a single workshop, you may wish to distribute the lesson newsletters weekly in order to help refresh participants' memory and solidify the concepts.

Working Toward Wellness

In this issue...

What is in a Local School Wellness Policy? Page 2

School Wellness Success! Farmington, Minnesota Page 2

Team Work Makes the Dream Work Page 3

School Wellness Success! Clinton, Mississippi Page 3

How Can You Get Involved? Page 4

School Wellness Success! Chicago, Illinois Page 4

Test your knowledge with our Local School Wellness Policy quiz! Page 5



Supporting Student Health

A Local School Wellness Policy is a way schools and districts can make a comprehensive plan to support the health and well-being of students. There are lots of ways schools can create a safe and healthy place for students. While no two local school wellness policies are identical, there are certain wellness policy requirements that all schools that participate in the National School Lunch and School Breakfast Programs need to follow.

Turn the page for more information on Local School Wellness Policies!

Did you know?

Local School Wellness Policies are required at the district level. However, your school can expand on the district policy and make a plan that's just right for your school's needs.

Where do wellness policy requirements come from?

The Local School Wellness Policy requirement was first mandated in 2004 with the Child Nutrition and WIC Reauthorization Act. This law required that school districts have a wellness policy to support student health, well-being, and ability to learn. In 2010, Congress passed the Healthy, Hunger-Free Kids Act. This act built on the original requirements by adding more detail about how districts should be checking on the progress of their wellness policy. While Congress passed the laws that mandated wellness policies, it's actually the USDA that creates the Final Rules that schools need to follow.



School Wellness Success! Farmington, Minnesota

Farmington Area Public Schools, a district in Minnesota serving 6,773 students, used a different approach to successfully implement their local School Wellness Policy.

In order to meet nutrition education goals, schools within the district held competitions to encourage students to eat more fruits and vegetables, promoted healthy fundraising options like selling fruit boxes, and presented TV segments on healthy cooking during morning announcements similar to Food Network.

In order to meet school meal and competitive food goals, the district added healthier options to vending machines, cafeterias, and featured snack shops with 100% healthful foods.



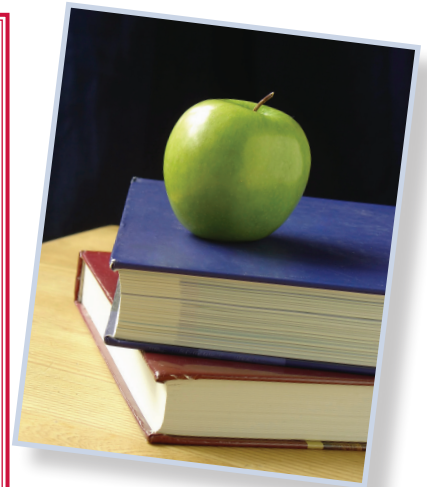
What is in a Local School Wellness Policy?

Local School Wellness Policies are required by the United States Department of Agriculture. These policies should help promote student health, well-being, and ability to learn.

Goal Driven

A local school wellness policy is required to have goals for:

- Nutrition promotion and education
- Physical activity
- Other activities at school to promote student wellness



Food Guidelines

A local school wellness policy should have guidelines for food available at school.

These should help promote student health.



Sense of Community

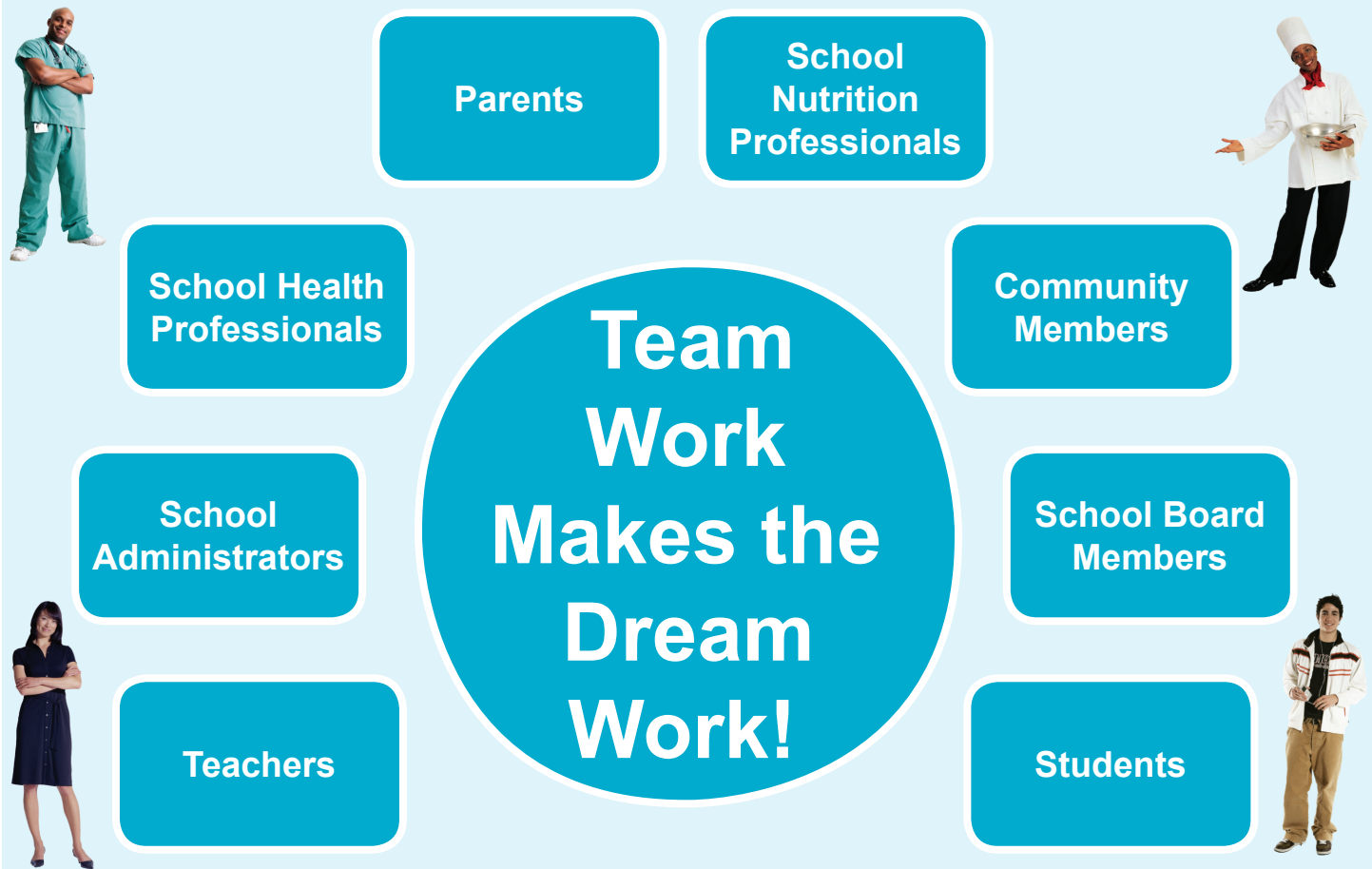
People in the community should help design and carry out the policy.



Check-Up

The district should check that the policy is working from time to time.





Schools play an important role in improving students' health and social outcomes, as well as promoting academic success. The above community members should be involved in the development, implementation, review, and update of the Local School Wellness Policy to best provide for the students.

School Wellness Success! Clinton, Mississippi

- In striving to achieve Local School Wellness Policy goals implemented by the public school district in Clinton, Mississippi, schools took action.
- Several training sessions for cafeteria staff were provided to promote the reduction of salt and sugar used in recipes, use of alternative herbs and spices, and ways to prepare visually appealing foods.

School officials held taste tests with students to involve them in the decision-making process and hosted a student recipe contest.

To improve physical activity, implementation of programs designed to promote health through 60 minutes of activity per day and videos to stimulate physical activity inside the classroom were essential.



How Can You Get Involved?

Look at your school district's website.

- Most school districts will have a link to their Local School Wellness Policy on their website.
- The policy is often available at the school nutrition services section of the website.
- See if there is an upcoming district Wellness Committee meeting you can attend.

Contact a leader at your school site.

- Try contacting either your school principal or your school district's school nutrition services director and discuss your ideas on how you would be willing to help at your school site, or let them know you are interested.

Get started!

- After you talk about your ideas with your school leader, it's time to get started!
- Have fun with it and remember that all wellness goals, however big or small, can make a positive impact on the health and wellness of the whole school community.

More information about Local School Wellness Policies and how you can get involved is available at <http://www.fns.usda.gov/tn/local-school-wellness-policy>.



School Wellness Success! Chicago, Illinois

The Academy for Global Citizenship, a Chicago Public Charter School serving 300 students, has had success in implementing its own Wellness Policy.

This policy serves to promote daily recess, meals made from scratch, morning yoga for all students, and extracurricular activities.

The school encouraged staff members to create meals made from locally grown produce while promoting excitement for the addition of new meals by letting students and parents participate in the sampling and review of new food items.

A teaching garden was established to encourage student involvement with the food production process and is used to enhance academic lessons and homework assignments.



Did you know?

Some schools create school specific wellness committees to build on the district policy.

Test your knowledge with our Local School Wellness Policy quiz!



1. Local School Wellness Policies are required for every school site.
 True
 False
2. Only people who work at the school district or at a school site should be involved in the development, implementation, review, and update of the Local School Wellness Policy.
 True
 False
3. The Child Nutrition and WIC Reauthorization Act of 2004 added a new requirement for each district to have a Local School Wellness Policy.
 True
 False
4. The Healthy, Hunger-Free Kids Act of 2010 eliminated the requirement to have a Local School Wellness Policy for each district.
 True
 False
5. Most school districts will have a link to their Local School Wellness Policy on their website.
 True
 False

The Results Are In!

If you got all five right:

You are well-rounded on your Local School Wellness Policy knowledge! You know the requirements and suggestions for a successful policy and are ready to get involved. Put yourself out there and keep learning more!

If you got three or four right:

You're on the right track! Try finding the information you missed in other pages of this newsletter to become a Local School Wellness Policy master!

If you got one or two right:

It just means you have more opportunities to learn. Read through the newsletter again, or check out the information and resources available through the Local School Wellness Policy Collaborative at <http://teamcaliforniaforhealthykids.org/school-wellness/>

Check your answers at the bottom of the page!

1. b; 2. b; 3. a; 4. b; 5. a

