



Healthy Food and Beverages Policy

Position Statement:

Fairwood Elementary Employees strive to promote health and wellness by being a role model for promoting healthy food and beverages.

As an agency that employs staff, has volunteers, serves children & families, and hosts community events, we are committed to promote health and wellness by providing healthy food and beverage choices.

Therefore Fairwood Elementary School will:

- Increase the range and availability of healthy food and beverage options on our premises and at events, including in our break areas, at meetings, and at community events.
- Promote activities that involve healthy food and drink items.
- Promote healthy food and beverage choices
- Provide water at school sponsored activities including meetings, vending machines, and community events.
- Ensure that no sugar loaded beverages (SLBs) are provided by the school including, meetings, and at community events.
- Ensure staff do not consume sugar loaded beverages in front of students.
- Ensure these Employee and School Wellness Policies around healthy food and beverages are followed through a volunteer Wellness Committee including parents, staff and administrators.



Movement Policy

Position Statement:

Fairwood Elementary Employees strive to promote health and wellness by being a role model for promoting movement.

As an organization that employs staff, has volunteers, serves clients, and hosts community events, we are committed to promoting health and wellness by encouraging and incorporating healthy movement. Therefore our organization will:

- Provide safe, clean, well-lit thoroughfares for accessing our locations and events by walking or bicycling.
- Create opportunities for movement throughout the employees' workday, such as "walking meetings" and stretch breaks.
- Provide a 5-minute physical activity break for every meeting or event lasting 120 minutes or longer.
- Ensure Employee and School Wellness Policies around movement are followed through a volunteer Wellness Committee including parents, staff and administrators.