



# HEALTHY KIDS BETTER STUDENTS

A Proud Member of the Wellness Initiative for Student Success

## Take Action! Join the Wellness Initiative for Student Success.

Developed by the Massachusetts Departments of Public Health and Elementary and Secondary Education, the *Wellness Initiative for Student Success* (WISS) is designed to bring together school wellness teams to make improvements to the nutrition and physical activity environments in schools. Teams will receive hands-on training and technical assistance to improve access to healthy foods and physical activity for their students.

For more information, see the "Program Overview" on the reverse side.

### Did You Know?

Consumption of fruits, vegetables, and dairy are associated with academic performance.



### Did You Know?

Students who are physically active tend to have **better grades**, school **attendance**, cognitive **performance**, and classroom **behaviors**.



## In Massachusetts...

**<50%**

of middle school and high school students get enough **physical activity**<sup>1</sup>



Students who eat enough **fruits and veggies** per day<sup>1</sup>

**8.1%**

high school

**16.1%**

middle school

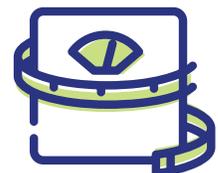
Students who are **overweight or obese**<sup>1</sup>

**26.3%**

high school

**22.8%**

middle school



**Schools** can influence students' **academic achievement** by increasing opportunities to **eat better** and **move more**.

# Program Overview

## What to expect?

- **3-5 Wellness Team members** per school should be involved
  - » May include nutrition directors, health and physical education teachers, school nurses, and school administrators
- Submit current **Local Wellness Policy**
- Complete the **School Health Index** which creates an Action Plan for wellness
- Complete and submit **Smarter Lunchrooms Scorecard**
- Complete and submit the **Massachusetts Physical Activity Assessment for Schools**

## What you'll get!

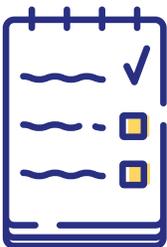
- Access to free training on:
  - » Developing a model Local School Wellness Policy
  - » Smarter Lunchrooms
  - » Comprehensive School Physical Activity Program
- Get **analysis** on your current policies
- Participating schools will have the tools necessary to apply for recognition with the **Healthier US School Challenge** and **Let's Move Active Schools**
- Stipend and Banner of Recognition to hang in your school

**15+**  
**points**

The average score improvement for schools that completed **Smarter Lunchrooms Scorecards**

**Questions or want to enroll?**  
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## Did You Know?

**18% of school wellness policies** reviewed meet strength and specificity expectations.<sup>2</sup>



Massachusetts  
Department of  
Public Health



The John C. Stalker Institute  
of Food and Nutrition  
AT FRAMINGHAM STATE UNIVERSITY

1. Massachusetts YRBS, 2015.

2. 2015 Massachusetts School Wellness Policy Review, Department of Elementary and Secondary Education, JSI Research & Training Institute, Inc.