

# Laredo Child Development Center

## Wellness Policy Goals

1. Education about healthy eating and benefits of physical activity are provided to students.
2. LCDC staff participates in trainings and development around HWTG policies and practices to more effectively educate students about making healthy nutrition and physical activity choices.
3. LCDC staff are positive role models, and demonstrate healthy habits around nutrition and physical activity choices for students during instructional time.
4. Families are provided with guidelines and suggestions for donating healthy snack options for students.
5. Juice is not served to children. Water and 1% or skim milk are encouraged.
6. Staff events and meetings offer healthy food and beverage options.
7. Snacks in classrooms are served family style. At meal time, at least one teacher sits with children at the table engages with students around mealtime conversation. Children have the opportunity to serve themselves and prepare the eating areas, such as helping set the table and clean up after snack.
8. LCDC will offer opportunities for staff to participate in physical activity events throughout the school year.
9. In addition to scheduled physical activity, active play is part of story time, circle time, center time, transitions and other opportune moments throughout the school day.
10. A Wellness Advisory Council made up of the TOSA Admin, Family Liaison, School Nurse, APS Wellness Coordinator, Healthy Way to Grow Coordinator, parent representative and teacher representative will oversee the planning, operation and evaluation of Healthy Way to Grow policies and practices.
11. All families are welcomed and encouraged to participate in Healthy Way to Grow activities. LCDC provides educational opportunities to families for supporting healthier lifestyles.