

Smart Choices Toolkit



INTRODUCTION

Purpose

The Smart Choices toolkit is designed to share knowledge and practical resources that others have found useful in implementing student wellness initiatives. The toolkit may also be used as a go-to resource for communicating the importance of student wellness to school administrators and other stakeholders when revising school policies.

How to use the toolkit

New to student wellness and not sure where to start, but you know that healthy eating and physical activity would benefit your students? That's OK! This toolkit will provide foundational knowledge and tools to get started! The toolkit is organized into two major sections: Nutrition and Physical Activity.

This toolkit will help you to:

Convince school administrators and elected officials that the wellness strategy you selected is important. The "key messages"  in each topic area will help you communicate important points and supporting research. You may wish to place key messages in a PowerPoint presentation to the school board or to teachers or parents to gain support. It's helpful to have your audience visualize what success looks like and that it is possible by sharing "success stories." 

Strengthen your district wellness policy by integrating the "sample policy language"  for the area of student wellness that needs improvement and is supported by administration.

Implement student wellness strategies by choosing a strategy from the "key strategies"  list and then accessing the "key resources for implementation"  links for more information and tools.

Communicate your success in implementing wellness strategies by utilizing "key messages"  when writing family newsletters, updating the district website and contacting the media.

Work in coordination with staff from your local public health department for additional resources such as newsletter templates, handouts, assessment and evaluation tools, healthy food lists, etc. Feel free to adapt any materials for use at your school or district.

Intended audience

This toolkit was designed for use by school district wellness committee members, including teachers, students, principals, superintendents, parents, food service staff, school health professionals, volunteers, and others interested in leading student wellness initiatives in their district. This toolkit may be used to complement technical assistance provided by staff from local public health agencies.

Toolkit contents

Each topic area contains the following content to ensure student wellness policy, system and environmental changes are successfully implemented and sustained.

-  **Objective**
-  **Success Stories**
-  **Key Messages**
-  **Sample Policy Language**
-  **Key Strategies**
-  **Key Resources for Implementation**

