Smarter Kids. Happier Kids. LONGER LIVES.

Did you know kids today are expected to live FIVE YEARS LESS than their parents because of unhealthy lifestyles?

We can change that!

We know that active kids are better students. We have no doubt that what our kids eat affects how they learn. And with a few small changes, we are certain we can give our children those five years back!

That's why Stillwater Area Public Schools is working together with parents, teachers, doctors, dietitians and our community to strengthen our kids’ minds and bodies.

Our new Wellness Policy is all about:

1. Getting kids moving more during the school day.
2. Serving nutritious meals, snacks and concessions.
3. Creating safer environments for kids with severe food allergies, medical conditions, and other dietary restrictions.
4. Making it easier to be active and healthy beyond the school day.
5. Helping to create smarter, happier kids and a healthier community.

Less Cake. More Birthdays!

Help us celebrate birthdays without sugary treats. Our teachers have lots of ideas of how to recognize children on their birthdays with more active celebrations, like dance parties, active play or special duties.

Get more tips online and find out how you can help support our new Wellness Policy at stillwaterschools.org/HealthyMOVES.

Stillwater AREA PUBLIC SCHOOLS

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