

**Wilson is working toward becoming a healthier school to promote the best learning environment for students and staff!** Research suggests that a healthier school environment can result in greater academic achievement and healthier lives for students and school staff. Healthy students perform better, attend school more and behave better in class.

**The district has introduced a Wellness Policy that all schools need to implement for the 2015/16 school year.** We are currently working on getting the word out to students, families and staff so we all may work together for a healthier Wilson Middle School!



#### .DISTRICT WELLNESS GOALS



Implement elementary health education curriculum, including nutrition.



Discontinue using unhealthy foods for fundraisers.



Ensure all snacks meet District Nutritional Guidelines for foods and beverages for schools, including vending, a la carte, snack lines, school stores, celebrations and fundraisers.



Discontinue using food/food coupons as rewards or incentives.



Require that students are physically active during the majority of time in physical education class.



Ensure physical activity is not used for or withheld as a punishment.



Celebrate birthdays and other events involving food once a month only.

For more information regarding our district Wellness Policy, visit the district website at [www.cr.k12.ia.us](http://www.cr.k12.ia.us). Click on the “Our District” tab, then click on Wellness.

**Wilson is also working towards becoming a Blue Zones designated school joining other schools in our district already honored as Blue Zones schools!** Blue Zones schools not only actively follow our District Wellness goals but implement other healthy changes such as:

- Prohibit the sale and consumption of soda and other sugar-sweetened beverages on campus, including those brought from home.
- Integrate physical activity into daily lesson plans outside of physical education class.

**What is Blue Zones?**

## **Blue Zones Project – Creating Healthier Communities**

Brought to Iowa through an innovative sponsorship by Wellmark in collaboration with Healthways and Blue Zones, the Blue Zones Project is a community-by-community well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks.

The Blue Zones Project is based on Blue Zones principles developed by author and researcher Dan Buettner. Blue Zones employs evidence-based ways to help people live longer, better lives by taking a systematic, environmental approach to well-being, which focuses on optimizing policy, social networks and the environments where people spend their time. These principles are based on nine healthy lifestyle habits shared by the people living in the original Blue Zones areas around the world. They help people live healthier and happier longer. These nine steps include Moving Naturally, Right Outlook, Eating Wisely and Belonging. People in Blue Zones areas have enjoyed greater well-being and longevity for generations—and now you can too!

Fifteen Iowa communities, including Cedar Rapids, have already been selected to receive support from experts on their journeys to become healthier places to live, work, and play.

For more information regarding Blue Zones and to sign up to make a personal Blue Zones pledge visit:

<https://iowa.bluezonesproject.com/>