



**NORMAN
REGIONAL**
Health System



TSET

Shape Your Future
A Program of TSET

August Edition: Welcome Back to School!

NUTRITION

Is your Wellness Policy up to date?
The Local School Wellness Policy Under the Healthy, Hunger Free Kids requires all schools to include, at a minimum :

- Standards and nutrition guidelines for all **foods and beverages sold** to students on the school campus during the school day.
- Standards for all **foods and beverages provided, but not sold**, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow **marketing and advertising of only those foods and beverages that meet the Smart Snacks** in School Nutrition standards.

PHYSICAL ACTIVITY

Physical Activity is NOT a discipline Tool: The Case for Recess

Recess is important. It provides an opportunity for a child to be active, and can help improve student achievement in the classroom. Recess gives children the time to recharge through unstructured play!

TOBACCO

By taking some or all of these steps, schools can have an enormous impact on the current and future health and well-being of their students.

Oklahoma Tobacco Helpline	
1 800	QUIT NOW
1-800-784-8669	OKhelpline.com

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UPCOMING EVENTS

Healthy Living Program Task Force Meeting: Thursday 8/17 @ Noon-Norman Regional Hospital

Noble Bear Event: Saturday 9/23 @ 10-1pm-

OPEN STREETS-MOORE: Sunday 9/24 @

HIGHLIGHTS

Way to go Moore, Noble, and Robin Hill having updated their Physical Activity and Nutrition Policies to meet the Required mandates by the Healthy Hunger Free Kids Act.

Shout out to Noble, Robin Hill, and Little Axe who have made changes to update their Tobacco Policies!

Congratulations to Little Axe for receiving new Tobacco Signage provided by the TSET Healthy Living Program and the Norman Regional Health System!

LINKS AND RESOURCES



Click [HERE](#) for the summary of the Final Rule/Requirements for School Wellness Policies

Click [HERE](#) for Physical Activity link/resource

Click [HERE](#) for Tobacco link

FOR MORE INFORMATION & RESOURCES

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