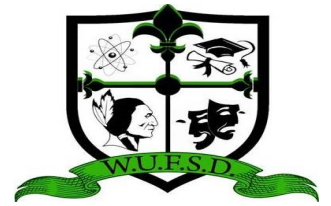


# Wyandanch Union Free School District

## Fall Wellness Warriors Newsletter



### Creating Healthy Schools and Communities

Western Suffolk BOCES is thrilled to announce its three recently awarded Creating Healthy Schools and Communities (CHSC) grants from the NYS Department of Health. Together, Western Suffolk BOCES, Nassau and Suffolk Child Care Councils, Choice for All and Vision Long Island will work in the **Towns of Babylon, Islip and Hempstead** to expand local health efforts to implement evidence-based physical activity and nutrition strategies that build on existing community assets, coalitions, and relationships, leverage resources, and meet community's unique needs. We look forward to building on our accomplishments in Wyandanch through our partnership with the District and community. We will accomplish this in the following settings and systems:

### Worksites and Community Settings

Implement food service guidelines (FSGs) to increase availability of healthy foods in multiple venues such as cafeterias, concession stands and vending machines to make healthier choices easier for consumers.

### Early Childhood Education (ECE) Settings

Improve policies and environments that support age-appropriate physical activity, nutrition best-practices such as healthy beverage, menu, and snack options, and opportunities for family engagement.

### Municipalities

Implement community planning and active transportation strategies to increase safe and accessible physical activity such as connecting sidewalks, paths, and/or bicycle routes to local destinations.

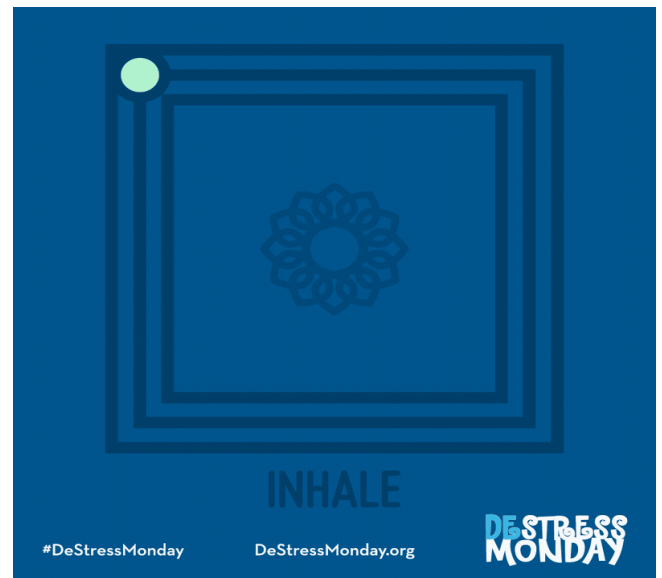
### School Districts

Strengthen local school wellness policies, establish Comprehensive School Physical Activity Programs (CSPAP) and establish access to healthy, affordable nourishing foods through healthy vending, fundraising and classroom celebrations.



### Self-Care Square Square Breathing)

[click to activate](#)



### Well done Ms. Deborah Rhodes, WUFSD Food Service Manager and Wellness Committee Co-Chair

for participating in a Nutrition Panel at the Legislative Women's Caucus Retreat this month!



**Thank You and Congratulations on your Retirement, Mr. Montgomery Granger, Co-Chair of the Wyandanch Wellness Committee.**

**You have been a strong and supportive wellness champion during your years at WUFSD, implementing Creating Healthy Schools and Communities (CHSC).**

**We wish you all the best in health and happiness in your retirement!**

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