



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

Additional Wellness Policy Resources

NUTRITIONAL CALCULATOR (Plug in the nutritional value of your students' favorite snacks)

<http://www.californiaprojectlean.org/calculator/>

Additional Teacher Websites

http://www.highlightteachers.com/archives/party_ideas/

<http://www.opi.state.mt.us/health/fit.html>

Websites for Students

<http://www.cspinet.org/smartmouth/>

www.kidshealth.org

<http://www.bam.gov/> Offered by The Centers for Disease Control and Prevention (CDC)

Websites for Parents

http://www.wellpoint.com/healthy_parenting/index.html

Information from Parents for Parents

http://familyfun.go.com/parties/birthday/feature/doca0903classparties_bds_/doca0903classparties_bds_2.html