

POLICY

2007

5661

Non-Instructional/Business
Operations

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects the school community's health, well-being, and the ability to learn by fostering healthy life styles.

Goals to Promote Wellness

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

Whenever possible and appropriate, nutrition education will be integrated into core curricular.

Food and beverages provided or sold at school, on school grounds, or at school related functions shall provide choices of nutritional value.

Staff responsible for nutrition education will be encouraged to participate regularly in professional development activities so that they are adequately prepared to deliver an accurate nutrition education program.

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Students will be provided opportunities for physical activity during the school day through classes, recess, academic activities, and after school through such programs as intramurals, interscholastic athletics and physical activity clubs such as ski clubs.

Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all.

The District will provide opportunities for the use of physical activity facilities by staff and community members outside of the normal school day.

The District will continue to support the availability of the School-based Health Center. The center will provide screening, counseling and referrals for nutrition and physical activity related issues or problems.

The District encourages limited use of food as a reward and prohibits the withholding of food as punishment. Non-food items as rewards are encouraged as well as the use of healthy snacks for class snacks and celebrations.

Adopted: 5-8-07