

WELLNESS AND NUTRITION

The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the entire learning environment be aligned to positively influence understanding, beliefs, and habits as they relate to good nutrition and physical activity. The Board directs the Superintendent to develop procedures to implement this policy based on the recommendations of the wellness committee and compliance guidelines of the federal and state regulation.

Procedures

- (1) A Wellness Advisory Committee will be established with the charge of assessing the nutrition and physical activity environment throughout the school and making recommendations to the Board for a comprehensive wellness program.
- (2) The committee will have representatives from: parents, students, school board, administration, and public.
- (3) The Principal will monitor the implementation of the program related to nutrition and prepare an annual evaluation report for Board review.
- (4) The Wellness Committee Chair will monitor the implementation of the program related to physical activity environment and prepare an annual evaluation report for Board review.
- (5) The Principal will assure, to the extent possible, the opportunity for physical activity on a daily basis.
- (6) All food provided by the School District, if applicable, and food on school grounds and at school-sponsored activities will meet or exceed the district's nutrition standards.