

## **SCHOOL WELLNESS (Implementing Objectives)**

Goal #1: The District will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The goal of providing a comprehensive learning environment will be accomplished by:

- **Promoting healthy eating, physical activity, health promoting behaviors, and the school meal program to students, parents, school staff, and the community at school registration, parent-teacher meetings, open house, staff in services, etc.**
- Encourage teachers to integrate nutrition education into core curriculum as applicable.
- **Encourage activities that promote staff wellness**
- Implementing district content standards for health and nutrition education that meet or exceed state standards.
- **Providing staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into core instruction. These educational opportunities may include, but not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.**

Goal #2. The District will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

The goal of implementing and promoting nutrition education and proper dietary habits will be accomplished by:

- Encourage District to promote healthy nutritional guidelines for school sponsored activities, fund-raisers, classroom parties, **rewards in school**, etc.
- Encourage schools to offer healthful food choices **in appropriate portion sizes throughout the school day** (snacks, school sponsored events, rewards, class parties, etc.), **including healthful meals in the school cafeteria with an adequate time to eat: at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.**
- Encourage schools to offer **lunch after recess to better support learning and healthy eating.**
- **Encourage staff to make water readily available to students throughout the day.**

**Goal #3. The District will promote healthy nutrition choices to create and encourage a healthy learning environment.**

**The goal of promoting healthy nutrition choices to create and encourage a healthy learning environment will be accomplished by:**

- **To the greatest extent feasible, the marketing of food and beverage products on the exterior of vending machines and through posters, menu boards and other equipment on the school campus shall meet the Smart Snacks in Schools nutrition standards.**
- **Marketing shall encourage participation in school meal programs**

Goal #4. The District will provide daily opportunities for students to engage in physical activity.

The goal of providing more opportunities for students to engage in physical activity will be accomplished by:

- Physical education is an essential component of the academic day. We encourage efforts to increase physical education times beyond the current school minimums:
  - Elementary – 60 minutes per week
  - Middle School- A quarter each year
  - High School- One and a half credits for grades 9-12
- **Encourage increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, brain breaks, and the integration of physical activity into the academic curriculum**
- **Encourage increased opportunities for physical activity through a range of before and after school programs including, intramurals, interscholastic athletics, and physical activity clubs.**

Approved: \_\_\_\_\_, 2017