

Policy 700.25 Wellness

Approved: 04/17/2006
Last Reviewed: 04/17/2006

Nutrition and physical fitness are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The School District of Elmwood, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, lifelong habits of good nutrition and physical fitness.

To promote the health and well-being of our students, the School District of Elmwood Board of Education resolves to:

1. Ensure that all students have access to adequate and healthy food and beverage choices on scheduled school days, at reasonable prices.
2. Encourage and promote a healthy lifestyle for students by implementing nutritionally adequate, educationally sound, and financially accountable food and nutrition programs.
3. Ensure the integrity of the school meal programs by limiting food and beverage sales for students that are in direct competition with the National School Lunch and Breakfast program.
4. Limit the availability of food and beverages with minimal nutritional value (as defined by Federal nutrition guidelines) to students until the end of the school day.
5. Equip all students with the knowledge, skills, and opportunities necessary to make nutritious food and sound physical fitness choices for a lifetime.
6. When using food as part of a class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices.
7. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
8. Encourage community involvement in, and support of the District Wellness Policy through education, programming, and marketing.