

## Wellness Policy

The School believes that children and youth who begin each day as healthy individuals are more likely to successfully complete their formal education. The School also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

### Nutrition

Nutrition guidelines for all foods offered by the School shall prefer the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. Nutrition policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations and guidance. A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff. All beverages served in the School shall include: water, 100% fruit juice, non-carbonated drinks with less than 150 calories per container, non-fat, low-fat, plain or flavored milk, other non-carbonated drinks.

### Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program while providing the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Each school shall provide for an interdisciplinary, sequential skill-based health education program and any nutrition services shall support classroom activities for students that include hands-on applications of good nutrition practices to promote health and reduce obesity. Students shall be exposed to behaviors that enhance health and/or reduce health risks during the school day.

### Physical Education Program and Physical Activity

The physical education program shall stress physical fitness, encourage healthy, active lifestyles and consist of physical activities as part of the curriculum, sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Such instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.