

DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a. Parents;
- b. Students;
- c. The District's Food Service Program;
- d. The School Board;
- e. School Administrators; and
- f. Members of the Public.

The District Wellness Committee will assess current activities, programs, and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision, and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

The District will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.