

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:

The district shall:

- Continue the integration of district concepts/skills for health and nutrition education that teach students about the effects of nutrition and regular physical activity in specific wellness classes, health education classes, and to the extent possible, in core curriculum areas such as math, science, social studies, and language arts.
- Ensure that all instruction is age-appropriate and culturally sensitive.
- Promote healthy eating habits, regular physical activity, and provide information to students, parents, school staff, and the community on the District website on the Food Services page.

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:

The district shall:

- All students have access to fresh fruit and vegetables during school breakfast and school lunch serves.
- Encourage schools to schedule adequate time to eat in as pleasant an eating environment as possible.
- Encourage schools to provide healthy food choice options at all school activities.

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:

The district shall:

- To the greatest extent feasible, the marketing of food and beverage products may

