

Article X.A.12      Wellness Promotion

A.      Statement of Policy

The Board of Education recognizes the demonstrated relationship between food and good nutrition and the capacity of children to develop and learn. The Board acknowledges the relationship between developing healthy nutritional and exercise habits at a young age and wellness throughout an individual's life. Consequently, and pursuant to 42 U.S.C 1771 *et seq.*, the Board is committed to do its part in confronting the larger societal problem by directing schools to provide education and opportunities to help students develop healthy habits.

B.      Nutrition Education

1.      The State Core Curriculum dealing with health and nutrition shall be taught at the elementary and secondary levels.
2.      As applicable, health and nutrition principles shall be integrated across the curriculum. The importance of healthy eating habits, physical activity and health risks associated with a sedentary lifestyle shall be emphasized.
3.      Schools shall encourage children to start each day with a healthy breakfast.
4.      Schools are encouraged to make healthy nutrition and exercise information available to families in order to promote healthy habits at home and in the community as well as at school.

C.      Physical Activity

1.      The State Core Curriculum dealing with physical activity and fitness shall be followed at the elementary and secondary levels.
2.      Schools are encouraged to consider means to incorporate physical activities beyond physical education classes.
3.      As required by the State Board of Education, only properly endorsed teachers will teach physical education.
4.      The importance of physical activity and the health consequences of a lack of physical activity shall be emphasized as applicable across the curriculum.
5.      Time allotted for physical education classes will follow state standards.
6.      Physical activity is not to be used as a reward or punishment at the elementary level.

7. Elementary schools are encouraged to consider scheduling recess prior to lunch.
8. Schools are encouraged to emphasize life-long activities in physical education, to include competitive and non-competitive sports.

D. School Based Activities

1. Health and physical education curriculum shall include testing and assessment such as the Presidential Fitness Test or the Fitness Gram.
2. Health and physical education instruction shall provide opportunity for students to develop and practice numeracy and literacy skills.
3. Schools shall consider the principles of this policy when planning field trips, assemblies, celebrations and other activities.
4. Schools are encouraged to offer after-school programs that promote healthy nutritional and exercise habits.
5. Employees are encouraged to model healthy nutritional and exercise habits.

E. Monitoring and Evaluation

The Department of Curriculum and Instruction shall monitor the overall effectiveness of and school compliance with the policy. The Department shall provide on-going support and recommend changes and modifications as necessary.