

Wellness Education for Students, Parents, and Staff

Physical Activity

Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals utilizing the use of available space, time, and personnel.

The school district will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. This information will be disseminated through at least one of the following: the district's web page, through brochures, through district and school newsletters, and parent meetings. [L] [SEP]

Food service staff shall receive the training needed to comply with this policy. [L] [SEP]

Wellness education (nutrition, fitness, safety, and physical and emotion health) is to be included through the normal curriculum adoption process in each elementary grade, secondary health classes, and appropriately integrated into other courses. [L] [SEP]

Policy History:

Adopted on: 091106

Revised on: 12/17/19