

AE - WELLNESS POLICY

Rationale

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

Belief Statement

The Highmore-Harrold School District #34-2 believes that a healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. The Highmore-Harrold School District #34-2 also believes that the healthy, nutritionally astute, and physically active child is more likely to be academically successful.

Wellness Policy Goals

Based on the beliefs, it is the policy of the Highmore-Harrold School District #34-2 that:

Nutrition Education Component

At each grade level nutrition education will be integrated into the existing curriculums. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to provide students with the knowledge and skills necessary to promote their health and in turn influence their eating habits.

Physical Activity Component

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

Other School-Based Activities Component

The Highmore-Harrold School District shall create an environment that provides consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming healthy life long habits.

Nutrition Standards Component

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

Note: The regulations that accompanies this policy outlines procedures for accomplishing these wellness goals.

LEGAL REFS.: Policy required under Section 204 of the Child and Nutrition and Women, Infants, and Children Reauthorization Act 2004 (PL 108-265)

Adopted: July 13, 2009

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