

## Wellness Policy

The Board of Education of ISD 712 shall assure a school environment that promotes and protects student's health, well-being, and ability to learn by:

Involving a wide variety of individuals including but not limited to: Students, Parents, Faculty, Representative of the Food and Nutrition Department, School Board, Public and School Administrators.

### Establishing goals for Nutrition Education

1. Students in kindergarten through twelfth grade shall receive nutrition education that meets the state standards.
2. Classroom bakery treats will be prepackaged items with clearly identified food labels.
3. Classroom parties will include healthful food options.

### Establishing goals for Physical Activity

1. State physical education standards will be implemented in the K-12 curriculum at each grade level.
2. Time will be provided for unstructured physical activity during elementary recess.

### Establishing Nutrition Guidelines for all foods available on each school campus

1. Students will be given sufficient time to eat.
2. Vending machines will offer water and 100% juice in addition to carbonated beverages and high energy drinks.

### Establishing a plan for measuring implementation of the wellness policy