

## Meadows Valley School District #11

Policy . . . . . 8232

### School Wellness Policy

Goal: To promote and encourage a life-long healthy lifestyle by providing healthful food, access to nutritional information and opportunities to be physically active.

Meadows Valley School District will encourage curriculum in grades K-12 that instruct and promote good nutrition and eating habits. Elementary grades will introduce nutritional elements in each grade level and will be supported by the staff in the lunchroom. Secondary students will receive instruction in their health class, science classes, family and consumer science classes, and PE. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a healthy and physically active lifestyle.

Meadows Valley School District will continue to support and encourage physical activity by offering regular PE and health programs in grades K-12. Suggestions to move toward more activity include:

1. Recess after lunch in the elementary.
2. PE.
3. Extra-curricular programs such as sports and dance.
4. Fitness curriculum during health and PE.
5. Using physical activity as a reward.

Meadows Valley School District will support the Federal USDA guidelines for reimbursable school lunch and breakfast. Meadows Valley School will offer adequate time for eating and a good environment that is conducive to eating and socializing.

Meadows Valley School District will work with vendors to provide choices and selection for healthy food and beverages in vending machines, concession stands, and cafeteria.

Meadows Valley will work toward rewarding students with alternative rewards in place of candy and sweets.

Meadows Valley School District will evaluate the implementation of the Wellness Policy by having a person from the elementary, secondary, and administration review the policy each year.

First Reading:	June 19, 2006
Second Reading:	July 17, 2006
Third Reading:	August 21, 2006
Adoption:	August 21, 2006