

SOUTH LEMHI SCHOOL DISTRICT #292

Number: 607

CATEGORY: Instruction

Approved: July 17, 2006

Effective: May 9, 2015

SUBJECT: Wellness

Revised: May 9, 2015

Pages: 1 of 1

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

Physical activity is to be encouraged through active engagement in recess, physical education classes, and extra-curricular activities which maximize the use of available space, time, and personnel.

South Lemhi Schools will continue to support fitness by offering regular PE programs K-12. In addition to regular PE, students on the secondary level are offered extra-curricular programs, and participation will continue to be encouraged for all.

Additional fitness programs will be discussed and offered as programs become available. Example of this may be walking programs and life-time activities for all ages. (Walking to school, walking N-miles each week, hiking, riding bikes, etc.)

South Lemhi School District will continue to support the Federal USDA guidelines for reimbursable school lunches and breakfasts. Schools will continue to offer adequate time for eating, a good environment that is clean and conducive to eating and socializing, and all lunch and breakfast programs will be available to all students on instructional school days at reasonable prices.

South Lemhi School District will work with vendors to provide choices and selection for healthy food and beverages in their vending machines, school stores, and concessions.

South Lemhi 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 level. Secondary students will receive appropriate instruction in health, PE and science classes along with various classes to reinforce and support the knowledge and self-management skills needed to maintain a healthy and physically active lifestyle.

In Addition, food personnel will provide information in a variety of ways to encourage not only students, but staff as well, to follow good nutritional and fitness habits.

South Lemhi School District will evaluate the implementation of the Wellness Policy by designating one or more persons to ensure that the school meets the local Wellness Policy.

The Wellness Committee, consisting of parents, students, food service personnel, school board members, school administrators, and teachers, will convene each year to review and revise, if needed, the Wellness Policy.