

## **6140 Wellness Policy on Physical Activity and Nutrition**

The Etiwanda School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Etiwanda School District shall prepare, adopt and implement a comprehensive Wellness Policy and administrative regulation to encourage healthy eating and physical activity.

The Wellness Policy shall:

- include goals for nutrition promotion and education, physical activity and a program designed to promote student wellness;
- include nutrition guidelines for all foods available on each school campus during the school day;
- encourage the increased consumption of a variety of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products, through new initiatives to creatively market healthful foods, such as salad bars and fruit bars;
- improve student nutrition behaviors on the school campus, including an increase of healthier meal choices by students as evidenced by greater inclusion of fruits, vegetables, whole grains and lean dairy and protein in meal and snack selections;
- reinforce the regulations and guidance issued in the National School Lunch Program; and
- involve parents, students, representatives of the Child Nutrition division, the school board, school administrators and the public in the development of the school wellness policy.