

2.12 HEALTHY KIDS

Washakie County School District No. 1 shall promote student well being and academic achievement by supporting a school environment that encourages and models nutritious eating habits and physical activity. We believe that this type of school environment will lead to a healthy lifestyle.

The five basic components of this healthy school environment include:

- (a) Nutrition education—students will learn to use appropriate resources and tools to make informed and educated decisions about healthy lifelong eating habits; students are provided a model of a nutritious breakfast and lunch each school day, which follows federal guidelines. In the lunch program, students select a minimum of three of five food groups provided (protein, fruit, vegetable, bread, and milk). In the breakfast program, students select a minimum of three of the four food groups provided.
- (b) Physical activity—support/schedule daily opportunities for physical activity throughout the school day and encourage students to make healthy lifestyle decisions in reference to a variety of physical activities.
- (c) Physical Education Standards/Health Standards taught—teach/incorporate standards into our school community, emphasizing the importance of healthy lifestyle choices.
- (d) Other school-based activities—recognize the various influences (i.e. family, community, culture, marketing and advertising, and peers) on nutrition and physical activity choices.
- (e) District wellness advisory board—maintain a district wellness advisory board to monitor and review the policy.

(Policy 2.12 adopted 3-27-2006)