

DISTRICT WELLNESS POLICY

Physical Activity

The district's physical activity goal is to assist in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, the district will:

1. Develop a sequential program of appropriate physical education for every student. The program will:
 - Provide for at least 150 minutes of physical education for students in the elementary grades during the school week; and two units for students in high school.
 - Provide time in elementary school for supervised recess. All students will have at least 60 minutes per day of supervised recess. Recess will be scheduled around the lunch period and will be held outdoors when possible.
2. Provide opportunities and encouragement for students to voluntarily participate in Before and after school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:
 - Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.

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DISTRICT WELLNESS POLICY

Other School Based Activities

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and law.

DISTRICT WELLNESS PROGRAM

Nutrition Education

The district's nutrition education goal is to integrate sequential nutrition education with the comprehensive health education program and, to the extent possible, the core curriculum taught at every grade level in order to provide students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, the district will:

1. Provide students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals.
 - Understand and use food labels.
 - Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid.
 - Critically evaluate nutrition information, misinformation and commercial food advertising.
 - Assess personal eating habits, nutrition goal setting and achievement.
2. Provide instructional activities that stress the appealing aspects of healthy eating. Are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testings, farm visits and school gardens.