

# Kimberly School District #414

## STUDENTS 3115

### Wellness: Healthy Choices

**Mission:** To encourage students to adopt a life-long healthy life style through education and modeling good eating and exercise habits.

**Goal:** The primary goal in nutritional and wellness education is to promote and encourage a life-long healthy life style by providing healthful foods, access to nutritional information, and opportunities to be physically active. Individuals who maintain a healthy life style are more likely to remain physically active and continue to learn and thrive.

The Kimberly School District will maintain a Wellness Committee that includes the Principals, Food Service Director, staff members from the three different schools, parents/patrons, students, school board members, and others interested in the promotion of school nutrition and fitness. This committee **annually** will review and seek additional methods necessary to insure wellness. ~~on an annual base.~~

Kimberly School District will maintain and continue to support the guidelines for reimbursable school meals as regulated and issued by the USDA. This includes the school breakfast program, the school lunch program and any other snack, fruit, or vegetable program as requested to help enhance academic performance of our students.

Kimberly School District 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.

Kimberly School District will continue to work with vendors to provide choices and selections for healthy food and beverages in their machines. All vendors will be asked to work with Kimberly School personnel in reaching these goals. Kimberly Schools will maintain the milk vending machines and require any additional vending machines to contain only those snacks and beverages that meet guidelines for healthy and nutritional items. The Kimberly School District also expects all classrooms to sell and/or provided only healthy nutritional snacks and/or beverages for students.

In meeting these nutritional goals, Kimberly Schools will encourage and adopt curricula in grades K-12 that instruct and promote good nutrition and eating habits. Elementary grades will introduce nutritional elements in each grade level. Secondary students will receive instruction in their health classes, science classes, and PE.

Kimberly Schools will continue to support fitness by offering regular PE programs K-12 including the after-school program. In addition to regular PE, all students on the secondary level are encouraged to participate in a variety of extra-curricular programs. The Kimberly School District encourages and supports all students to participate in activities offered by public vendors such as KYA, Lions Soccer, Club Sports and physical activities through CSI.

Kimberly food personnel will receive training in Wellness and Fitness issues and will aid classroom teachers by providing their expertise in instruction and awareness in promoting nutrition and fitness.

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. All Kimberly staff members are encouraged to model good nutritional and fitness habits.

**Legal Reference:** 42 U.S.C. § 1751, et seq. (National School Lunch Act)

#### **Policy History :**

1<sup>st</sup> Reading: April 20, 2006

2<sup>nd</sup> Reading: June 15, 2006