

SOUTH ROCK CREEK SCHOOL WELLNESS POLICY

Purpose:

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well planned and effectively implemented school's nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behavior.

Overall Goal:

All students in South Rock Creek School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in South Rock Creek School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the South Rock Creek School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school based activities that support student and staff wellness. A committee comprised of an administrator, support employee, Physical Education teacher, cafeteria employee and school health care official will review and update the policy annually.