

WELLNESS EDUCATION

The School Wellness rule includes a variety of goals but not limited to promoting student and employee wellness, promoting physical activity and health education, preventing and reducing childhood obesity, and providing assurance that school meals served to students meet at least minimum nutrition guidelines.

GOALS FOR NUTRITION EDUCATION

- Student shall receive nutrition education designed to provide them with knowledge and skills necessary to adopt healthy eating behaviors.
- Provide staff development opportunities for continuing education in nutrition and wellness.
- Create opportunities for family involvement in nutritional planning.

GOALS FOR PHYSICAL ACTIVITY

Good nutrition and an active lifestyle help to reduce childhood obesity. Therefore the District recommends that:

- Students in grades PK through 12 are able to participate in physical education that enables them to achieve and maintain a high level of personal fitness emphasizes self-management skills including caloric/exercise balance and is consistent with a comprehensive health education.
- Students will participate in physical activities that meet or exceed state standards.
- At the elementary level when recess is withheld as an intervention for behavioral or academic reasons, appropriate consequences shall be balanced with the student's need for physical activity.
- Schools shall encourage a limit to extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active
- Encourage family based physical activities outside of the instructional school day.

K-12 PHYSICAL EDUCATION PROGRAM GOALS AND OTHER SCHOOL- BASED ACTIVITIES

- Ensure physical education goals are being met using multiple assessment strategies.
- Develop the knowledge and appreciation for physical activity as a means for relaxation, stress reduction, disease prevention, and lifelong health and well-being.
- Develop knowledge, skills, and abilities in a wide range of individually or group oriented physical, recreational, and wellness activities.
- Optimize cardio-respiratory fitness and muscular endurance at the various maturational and growth levels.
- Improve physical skills, strength, agility, and coordination at the various maturational and growth levels.
- Develop knowledge and skills related to physical activity, personal safety, and personal hygiene.
- Develop a better understanding of one's self-concept and personal attitudes toward learning.
- Develop a better understanding and appreciation for the strengths, gifts, and limitations of others through individual and group physical activities.
- Develop positive social skills and sportsmanship skills included in the Barneveld School District core values of respect, courage, compassion, courtesy, responsibility, honesty and perseverance.
- Physical Education, Recess and/or Physical activity is available to all students.
- Develop positive social skills and sportsman ship skills, respect, courage, compassion, courtesy, responsibility, honesty and perseverance.