

2019 Nutrition and Physical Activity Plan

Based on the results of the WellSAT (triennial Wellness Policy Assessment), the following items will receive focus in the updating of District and School Wellness Policies and practices, in efforts to improve the schools' nutrition and physical activity environment:

- Standards for USDA Child Nutrition Programs and School Meals
 - Address access to the USDA School Breakfast Program
 - Specify strategies to increase participation in school meal programs
 - Address purchasing local foods for the school meals program
- Wellness Promotion and Marketing
 - Address strategies to support employee wellness
 - Address physical activity not being used as a punishment
 - Address physical activity being withheld as a punishment
 - Address using physical activity as a reward
- Implementation, Evaluation, and Communication
 - Address the establishment of an ongoing school building level wellness committee