

HEALTHY LIFESTYLES

It is the goal of the Elkhorn Area School District to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The District promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.

Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Elkhorn Area School District to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs. The Elkhorn Area School District operates under the National School Lunch, National School Breakfast and National After School Snack program regulations.
3. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition guidelines. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Provide adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change for school staff.
7. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
8. Propose that each Building Site Council annually evaluate the effectiveness of their program in promoting healthy eating and physical activity making changes to the program as appropriate to increase its effectiveness.

LEGAL REFERENCE:

CROSS REFERENCE: Policy 458.1 School Nutrition
Rule 458.1 District Nutrition Standards