

Health Wellness Plan

Goals for 2006-2007

All Schools

Nutrition

1. More than 50% of all food items sold in vending machines or school stores must have 35% or less of total calories from fat (except for nuts, seeds and nut butters) and have 35% or less of weight from total sugar (except for fruit that is without added sugar) and is 200 calories or less per selling unit.
2. Fluid milk (any fat content) is sold in vending machines or school stores.
3. Soy or rice beverages with 35% or less of weight from total sugar are sold in vending machines or school stores.
4. All school employees adhere to the Basic vending guidelines above that are adopted for students.

Nutrition Education

1. Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.
2. The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness.
3. Families will be provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families.

Physical Activity

1. All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.

Specific to High School

1. More students will receive 100-150 minutes of physical education per week.

Specific to Elementary

1. Students will receive 151-200 minutes of physical education per week.
2. Elementary school students will have two 15-minute supervised recess periods daily.