

Wellness Policy

The Rockton #140 Board of Education supports a school environment that encourages and models nutritious eating habits and physical activities that promote academic success and lifelong health.

Nutrition

- Taught as part of health class and some grade level science classes in middle school.
- Taught as part of physical education class in K-5.

Physical Activity and Health

- Students will participate in scheduled physical education class time and or recess daily.
- Special activities may be provided for physical education students with physical, mental, or emotional disabilities.
- Physical education and health related classes will aid students in the acquisition of knowledge and skills in the areas of teamwork, self-assessment for self-selected activities, and personal fitness levels. As well as individual and group goal setting, problem solving, and behaviors essential to leading healthy and physically active lifestyles.

Goals for Wellness Policy

- Increase nutrition awareness for students, families, and staff through instructional activities, newsletters, and school / community events.
- Continue to meet state regulations for fat content and portion control of school lunch.
- Continue to provide beverage vending machines for students that offer only juices and water.
- Encourage physical of students and staff through instructional activities.
- Educate the students in the area of exercise expenditure by teaching the correlation between physical activity and calories expended.

Evaluation of Wellness Policy

The Board of Education's policy committee will assess the effectiveness of this policy annually and make appropriate adjustments as needed. As an indication of general wellness, significant decreases in attendance rates will indicate the need to review policy initiatives.