DISTRICT WELLNESS GOALS

- Implement elementary health education curriculum, including nutrition.
- Discontinue using unhealthy foods for fundraisers.
- Ensure all snacks meet District Nutritional Guidelines for foods and beverages for schools, including vending, a la carte, snack lines, school stores, celebrations and fundraisers.
- Discontinue using food/food coupons as rewards or incentives.
- Require that students are physically active during the majority of time in physical education class.
- Ensure physical activity is not used for or withheld as a punishment.
- Celebrate birthdays and other events involving food once a month only.