

Live 

**WELLNESS**

## 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.

