

**Students**  
**Student Services-Health**  
**School Community Wellness Program**

The Strasburg C-3 School District encourages all members of the school community to create an environment that supports lifelong healthful habits in the areas of nutrition and physical activity and promotes student achievement.

**Nutritional Education Goals**

1. Students will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
2. District health education curriculum standards and guidelines will include both nutrition and physical education.

**Physical Activity Goals**

1. Give students opportunities for physical activity during the school day through physical education classes and daily recess periods for elementary school students.
2. Give opportunities for physical activity through before and after school programs including, but not limited to, intramurals and interscholastic athletics.

**Nutritional Standards for All Foods Available at School during the School Day**

1. Provide a positive environment and appropriate knowledge regarding food
  - a. Ensure that all students have access to healthy food choices during school and at school functions
  - b. Allow a minimum of 20 minutes for students to eat lunch in the cafeteria
  - c. Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime
2. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices
3. Reduce student access to foods of minimal nutritional value
4. Ensure that school lunch and breakfast follow the regulations for the National School Lunch and Breakfast Programs

**Other School-Based Activities Designed to Promote Student Wellness**

1. Provide opportunities for on-going professional training and development for foodservice staff in the areas of nutrition
2. Make an effort to keep school physical activity facilities open for use by students outside school hours
3. Provide access to the school's physical activity facilities for community members

**Evaluation**

1. The Wellness Policy will be evaluated as needed.