

7620

## WELLNESS

The Nye County School District promotes healthy schools and healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health of students.

The school environment shall be aligned with healthy school goals to positively influence a student's understandings, beliefs and habits as they relate to good nutrition and regular physical activity. All foods available to students on school grounds and at school sponsored events during the instructional day should meet or exceed District Nutrition Standards.

A quality physical education program is an essential component of wellness. Physical activity shall be included in each school's daily education program at all grade levels. Physical activity shall include regular instructional physical education, recess, co-curricular activities and walking between classes where appropriate.

Reviewed: February 26, 2013  
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Revised: December 1, 2006

NEPN/NSBA Classification: JLC

Legal Reference: Child Nutrition & WIC Reauthorization Act of 2004