

WELLNESS POLICY GOALS

May 30, 2018

Concord School District recognizes that nutrition and physical education are essential components of the educational process and that school leaders shall prepare, adopt, and implement a comprehensive policy and procedural plan to encourage healthy choices for students that fosters health and education.

1. Concord School District shall teach, encourage, support and model healthy eating habits. K-12 health and/or physical education classes each year will include at least three age appropriate nutrition education lessons using up to date nutrition information consistent with the current Dietary Guidelines for Americans.
2. Concord School District will provide a pleasant and safe eating area, through providing a variety of nutritious foods and beverages that meet the USDA Dietary Guidelines while implementing at least one Smarter Lunchroom strategy.
3. Concord School District will provide students grades K-8 with at least one period of recess per day that is no less than 20 minutes long. Teachers and school personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment for a class or any single student on a regular basis. Opportunities to participate in physical activity and wellness will be promoted throughout the Concord School District through flyers, group meetings, and websites.