

**SCHOOL DISTRICT OF GRAFTON**  
**Board of Education Policy**

341.33

**WELLNESS**

Good health is essential for students to reach their full academic and life potential. The School District of Grafton implements wellness education, good nutrition and regular physical activity as part of the total learning environment. This policy supports the mission of the School District of Grafton as it promotes lifelong learning of wellness behaviors. Wellness links healthy nutrition and exercise to students' overall physical well-being, growth, development, academic performance, and readiness to learn.

**A. Nutrition Education**

The primary goal of nutrition education is to provide learning experiences to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being. Building nutrition education and skills helps children make healthy eating and physical activity choices.

**B. Physical Activity**

A quality physical education program is an essential component for all students to learn about and participate in activity.

**C. Nutrition Standards for All Foods Available on School Campus During the School Day**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. Guidelines for reimbursable school meals shall not be less restrictive than USDA regulations. In addition, standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal program, will be established.

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

The school environment will provide consistent wellness messages conducive to healthy eating and being physically active.

**E. Measurement and Evaluation**

A sustained effort is necessary to implement and monitor the District-wide Wellness Policy.

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