

WELLNESS POLICY FOR:

FORT LORAMIE LOCAL SCHOOLS

Setting Nutrition Education Goals:

Ft. Loramie schools will provide opportunities for staff development and in-services for the purpose of Wellness and Nutrition training and education. In addition, Ft. Loramie schools will encourage curriculum for Wellness and Nutrition tied to our state standards for education within the school setting. The schools will also continue to provide students and the community with the opportunity to positively expand their knowledge of Wellness through school publications such as newsletters and the school website.

Setting Physical Activity Goals:

Ft. Loramie schools will identify and encourage innovative physical education and healthy lifestyle opportunities as suggested by students, staff, and community members with the goal of promoting physical activity and healthy lifestyles choices.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Ft. Loramie schools will be proactive in educating students and parents as to healthy choices available to them during the school day. In addition, teachers and staff will limit the use of food as a method of motivation or reward within the classroom setting.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The Ft. Loramie Schools will strive to create an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Setting Goals for Measurement and Evaluation

The Wellness policy will be evaluated continuously by the individual principals in each building. The Wellness committee will also meet bi-yearly to evaluate the policy and suggest changes to increase the effectiveness of the Wellness Policy. Changes that are agreed upon by the committee will be implemented the following school year.