

NORRIS SCHOOL DISTRICT WELLNESS POLICY IMPLEMENTATION

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The superintendent or designee shall build a coordinated school health system that supports and reinforces healthy literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To accomplish this, all schools in the Norris school district teach the concepts of healthy living and eating in their Physical Education and Science classes. Class parties are limited to three per school year, and parents are encouraged to provide healthy treats. Additionally, every school site develops and maintains intramural games for their students to promote physical activity.

Our Food Services Department ensures that all food served in our cafeterias meets and exceeds the Federal regulations for nutrition standards. These standards regulate portion size, sodium, fat, and caloric content. Our Cafeteria Personnel take great pride in preparing meals that meet all of these criteria daily.

The Norris School district reviews its practice annually, and assesses the Wellness Policy Triennially.

10/2017

10/2018