

	ABERDEEN SCHOOL DISTRICT	NEPN Code: ADF
	POLICIES AND REGULATIONS	

WELLNESS/NUTRITION POLICY

The Aberdeen School District has a responsibility to promote healthy schools for students and staff. The Board recognizes that research shows a healthy lifestyle results in higher test scores and fewer behavior problems for students, and better attendance and increased productivity for everyone.

The Board supports and promotes a healthy school wellness/nutrition environment in four areas:

- a. Nutrition education goals
- b. Physical activity goals
- c. Nutrition standards
- d. Other school-based activities

The Board shall direct the Superintendent or his/her designee to establish a wellness/nutrition advisory committee that includes but is not limited to

- Board members
- Food service director
- Building principals
- Teachers
- Parents and guardians
- Students
- Health care professionals
- Interested community members

The committee's purpose shall be to develop, implement, and evaluate policies and guidelines on nutrition and physical activity for recommendation to and approval by the Board. The committee will meet annually and as often as the committee deems necessary. The committee will also comply with all annual state measurement and notification requirements, as well as, share the results of a triennial assessment with District's stakeholders.