

SCHOOL NUTRITION

The School District of Colby promotes wellness, good nutrition and regular physical activity as a part of the total learning environment. The District recognizes that wellness encompasses several dimensions that comprise “the whole child”, including the physical, as well as the mental, emotional, social, environmental and spiritual. To this end the District is committed to the promotion of the ancient Greek ideal of “a sound mind in a sound body” and embraces a multicultural awareness of nutrition and wellness activities.

Environment

The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to the basic health status of children. Sound health ensures every child the opportunity to succeed in school.

Curriculum

The District’s curriculum reflects the district’s commitment that all students:

- Learn and practice sound nutrition to nurture healthy bodies and healthy brains.
- Have ample opportunity to participate in physical activity and to learn life-long fitness skills.
- Learn and practice social and emotional skill development.
- Learn to make healthy choices where personal safety and well-being are concerned.
- Learn in a healthy environment under the leadership of mentors who understand and exhibit healthy lifestyles.
- Are provided access to health, nutrition, and wellness resources.
- Develop positive self-esteem.

Reports of Progress

The District Wellness Coordinator/Designee or committee will annually assess progress toward healthy, active and nutritious lifestyles within all its schools, and will promote exemplary models of healthy and nutritious activities in policies addressing school snacks, concessions, vending, and learning opportunities that involve exercise.