

Instruction

Wellness through Nutrition and Physical Activity

The Board of Education of Lake Forest School District 67 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle which recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

The entire school environment including classroom education, physical education, and all foods and beverages provided to students shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Legal reference: Child Nutrition and WIC Reauthorization Act of 2004 and P.A. 094-0199.

Adopted: 5/22/07