

1 **Yaak School District #24**

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3 **INSTRUCTION**

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5 School Wellness

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7 The Yaak School District is committed to providing school environments that promote and protect
8 children’s health, well-being, and ability to learn, by supporting healthy eating and physical activity.
9 Therefore, it is the policy of the Yaak School District that:

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11 • The School District will engage students, parents, teachers, and other interested community
12 members in developing, implementing, monitoring, and reviewing District-wide nutrition and
13 physical activity policies and procedures.
14 • All students in grades K-8 will have opportunities, support, and encouragement to be physically
15 active on a regular basis.
16 • Foods and beverages served at school will meet the nutrition recommendations of the *U.S.*
17 *Dietary Guidelines for Americans*.
18 • The School will provide nutrition education and physical education to foster lifelong habits of
19 healthy eating and physical activity.
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21 The Yaak School health program will include:

- 22 1. Nutrition Education
23 2. Physical Activity
24 3. Other School-Based Wellness Activities
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26 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004

27 Policy History:

28 Adopted on: 12/13/13

29 Reviewed on: 12/14/2018

30 Revised on: