

School Health Advisory Committee

Wellness Policy Assessment Report

The SHAC (School Health Advisory Committee) met on January 30th to review and assess the EKHLA Wellness Policy. There are 9 goals for the school based on the wellness policy. In measuring the effectiveness of the policy and how the school supported the goals, the committee found the following.

The principal reported:

Nutrition is discussed and reinforced in the core classes of elementary school as well as with the health program integrated into the classes.

Students do eat in a safe, comfortable space that allows adequate time and space for eating meals.

Teachers do not use food as rewards or treats.

The school has worked to promote PTO involvement with nutrition as well as school to home communication about healthy food choices for lunches and birthday treats at school.

Opportunities for physical education and activity are incorporated into the school day through PE and recess.

Teachers avoid withholding recess unless it is a logical and natural consequence for a behavior, and do not use physical activity as a disciplinary measure.

All food, including reimbursable meals, made available by the school are:

Comply with USDA Dietary Guidelines for Americans

Follow USDA portion size guidelines

Healthy food options are available at school functions if it includes food or beverages