



High School District 214
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Arlington Heights, Illinois 60005
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Dr. Scott Rowe
Superintendent

SCHOOL WELLNESS - Policy 6:50

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. The District recognizes the positive correlation between good nutrition, physical activity and the capacity for students to develop and learn.

The goals for addressing nutrition education and nutrition promotion shall include the following:

- Nutrition programs shall be accessible to the students and will comply with federal, State, and local requirements.
- Sequential and interdisciplinary physical and nutrition education will be consistently provided and promoted.
- Students shall participate in a regular physical education curriculum that will enable them to achieve and maintain a high level of personal fitness, emphasize self-management skills including energy balance, and align with a comprehensive health education curriculum.
- The District is committed to providing a variety of nutritious food and beverage options available on campus during the school day.

ADOPTED: January 2024

