

Wellness for the entire district

The district is committed to the optimal development of every student and believes that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve.

Student Wellness

- All food and drink sold, used for rewards will meet the Smart Snack requirement.
- All food and drink used for celebrations are encouraged to meet the Smart Snack requirement.
- Physical activity (recess, classroom physical activity breaks, PE, etc) will be included in the school's daily education program and will not be withheld for punishment

- The district will integrate wellness activities throughout the entire school environment



What is a smart snack?

Food items must:

1. Be a grain product that contains 50% or more whole grain or have as the first ingredient whole grain.
2. Have as the first ingredient, one of the non-grain major food groups: fruits; vegetables; dairy or protein foods
3. Be a combination food that contains one quarter cup of fruit and/ or vegetable
4. Have one of the food items above as a second ingredient if water is the first ingredient
5. Meet all competitive food nutrient standards

Smart Snack Calculator Link

<https://foodplanner.healthiergeneration.org/calculator/>

Employee Wellness

The district encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall wellness program.

The district's Employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity,



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DDSD Wellness Policy

