

## Wellness Policy Exercise & Dieting:

At Allen Village School, we are committed to the overall health of our students. Our goal is to support student achievement through healthy living. Healthy living consists of eating properly, exercise, and understanding healthy habits.

Students are encouraged to eat properly everyday. They are afforded the opportunities to eat fruits and vegetables daily. At the high school, students can select fresh fruits and vegetables from the salad bar as part of their lunch. Students who are in kindergarten through eighth grade are delivered fresh fruit and vegetables two days a week as part of a healthy eating grant.

Students are encouraged to be active by participating in physical education and other organized activities such as Eagle Clubs. Eagle Clubs are extracurricular activities before school that promote exercise such as: running, walking, dancing and jump rope. During this time, student obesity is negated through physical movement and exercise.

High school students are required to complete 1 credit of physical education. In addition, students who have satisfied their credit requirements can elect to enroll in another physical education class during their latter academic years.