



## **FGCS Wellness Policy** **ADOPTED January 14, 2014**

**Statement of Purpose:** The FGCS Board of Directors recognizes that good nutrition and regular physical activity are essential for students to achieve their full potential as scholars, stewards and citizens. As a public school, FGCS plays an important role, along with families, in promoting healthy choices that support student learning. FGCS is committed to offering regular physical activity, nutritious food options in its school food program, and health education to promote healthy choices.

FGCS's Wellness Policy is comprised of four areas:

- Nutrition education
- Physical activity
- Other school-based activities that promote student wellness
- Nutrition guidelines that promote student health and reduce childhood obesity for all foods available through school-sponsored programs.

The Principal and Director of School Operations are directed to develop procedures and practices for implementing this policy. Oversight of this policy is the responsibility of the Principal and the Director of School Operations.

END POLICY

Legal Reference:

ORS 332.10 OAR 581-051-0100 OAR 581-051-0310  
OAR 581-051-0305 OAR 581-051-0400

National School Lunch Program, 7 CFR Part 210 (2001)  
School Breakfast Program, 7 CFR Part 220 (2001)  
Child Nutrition and WIC Reauthorization Act of 2004 § 42 U.S.C. § 1751 (2004)