

USD #417 Wellness Committee

Mission Statement

USD #417 will provide a wellness program that utilizes national nutrition and physical fitness standards to promote healthy eating habits and increased physical activity as well as encourages the development of lifelong habits in order to lead more productive lives.

Vision Statement

To develop in each student a degree of appreciation that allows each to share in the richness of a healthy and active life and thus becoming a more productive citizen.

Beliefs

The Wellness Committee of USD #417 believes that all students can:

- Develop the skills necessary to make healthy choices.
- Demonstrate an awareness of the importance of good decision making in relation to healthy choices.
- Display a positive attitude toward the health and well-being of every individual.
- Develop an appreciation of the lifelong benefits of eating healthy foods and participating in daily physical exercise.
- Lead fuller, more productive lives through an understanding of the national nutritional and physical education guidelines.