

Nutrition & Physical Fitness in Pomeroy Schools

Pomeroy School district recognizes that childhood obesity has reached epidemic levels in Washington and through the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well balanced meals and are healthy are more likely to learn. The School board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. It is the policy of the board to:

A. Provide students access to nutritious food; B. Provide opportunities for physical activity and developmentally appropriate exercise; and C. Provide accurate information related to these topics.

This program, under the direction of Marcia Ruchert, Food Service Director, at the Elementary and High School, has actually been up and running for 4 years.

The principal, Mr. Spacek along with assistance from the food service director has developed a plan for implementation of the Wellness program and will continue to review and maintain the following components and goals:

Maintain an oversight committee including representatives from the community along with school board and student representatives, school food services, parents, and hospital district/and or health district representatives.

Nutrition Standards – The district shall provide school lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

Health and Fitness – Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity in the academic curriculum.

Marcia Ruchert will be addressing the Local Wellness Policy and Program at our Town Hall Meeting to be held March 29th.

This Newsletter will be providing additional information about the Local Wellness Policy in coming newsletters.