

How School District Administration and School Boards can promote a healthy school environment checklist

School district superintendents, administration, and school board members can build a healthy school environment through their support and enforcement of the wellness policies.

- Supporting and getting involved in the development and implementation of a wellness team and strong wellness policies
- Supporting a healthy eating and physically active environment every day
- Making funds available to support wellness policy goals
- Establishing and consistently enforcing healthy policies for foods available in schools, including vending machines, school stores and fundraising
- Requiring comprehensive skill-based nutrition education for Pre K-12
- Ensuring that physical education is provided by trained, certified, and well-supported staff
- Ensuring that students receive the minimum PE minutes per week as mandated by the federal government and state regulations
- Assisting staff to integrate nutrition and physical education/activity topics within other curricular areas
- Encouraging partnerships with other child-serving organizations such as park districts and YMCAs to provide students with a variety of opportunities to be active
- Including school food service administration in school district remodeling
- Closing campuses during meals time to encourage all students to eat healthy meals
- Seeking additional funding and wellness grants when appropriate