

Why is School Wellness Important?

Our students are the future. While there are many factors that contribute to the health and wellbeing of our students, the school is a major influencer. Given that students spend most of their waking hours in schools and that the average student consumes about 50% of their calories while on school grounds, District 6 understands the need provide healthy learning environments. Research has shown that children who are overweight tend to remain overweight or obese as adults. Let's create healthy school environments, where proper nutrition, physical activity, and wellness are all valued!

In addition to supporting the health of our students, school wellness programs can also help boost academic performance. Studies have shown that students who eat a balanced diet and who are physically active perform better in school. Even the simplest changes, like eating breakfast every day or having short movement breaks in class, can help students remain focused on school and improve their classroom behavior.

Did You Know?

- School wellness policies are mandated for all districts participating in the National School Lunch Program or School Breakfast Program.
- School lunches provide 1/3 of the RDA for several important, under-consumed nutrients, and school breakfast provides 1/4 of the RDA for these same nutrients.
- Being overweight is the most common medical condition of childhood.
- Children and adolescents should be active for at least 1 hour per day.
- Screen time for children and adolescents should be limited to 2 hours per day.
- Obesity and overweight put individuals at increased risk for conditions such as diabetes, cancer, and cardiovascular disease.