







Schools share responsibility with families...

Schools share responsibility with families to help students meet the Dietary Guidelines for Americans. EMSD shall foster and actively promote a safe, supportive, and health-promoting environment for student growth and learning.

Read on to find out how we do this through our: food service, physical education and nutrition.

Ideas on how you can support your child towards a lifetime of healthy habits:

-  **Play:** a child's exercise! Aim for 60 minutes of active play a day.
-  **Pack** healthy cold lunches.
-  **Ask** your child's teacher about nonfood treats or healthy alternatives.
-  **Provide** milk and water only for beverages as pediatricians recommend.



For more information contact:
Colin Kave - Food Service Director
LaVonne Peterson - Assistant Superintendent
for Curriculum
Your School Nurse

District Wellness Committee
Greg Shouse - Board of Education
LaVonne Peterson - Administration
Jim O'Brien - Hillcrest Principal
Sheri Coder - Ridgewood Principal
Erich VonThun - PE Teacher
Christy Filby - YMCA Wellness Executive and Parent
Rosemary Moreno - Parent
Kathy Palmer - Glenview Teacher
Colin Kave - Food Service Director
Sue Ickes - School Nurse

It's all about WELLNESS!

food service - physical education - nutrition

East Moline Public Schools #37
quality education for tomorrow's world



EMSD School Wellness Policy

The health and wellness of our students is important to our district.

As Surgeon General Dr. Joeecyn Elder stated, "You can't educate students who are not healthy and you can't keep students healthy who are not educated." Education and health go hand-in-hand.

1. Food Service

- meets Federal Requirements for National School Lunch and Breakfast Program; Child Nutrition Act; Dietary Guidelines of America
- In 2007-08, 17% of 2-19 year olds were obese.
- If a child is overweight before age 8, obesity in adulthood is likely to be more severe.
- *"Studies have found that students who eat school lunch have increased intakes of vitamin A, C, Calcium, Iron, and protein. The study also showed that students eating school lunch are less likely to consume junk food and sugar filled beverages than those who bring their lunch."*

Colin Kave, Food Service Director

2. Physical Education

- Taught by credentialed Physical Education teachers
- All students in grades 1-8 participate
- Includes all students in purposeful activity for the majority of the PE class
- *"My goal is to increase the quality of physical education in a fun and interesting way, thereby creating active and healthy children."*

Tina Docherty, PE Teacher

3. Nutrition

- Nutrition education is a part of health education and is grade level appropriate
- For more information:
www.fns.usda.gov/cnd/lunch
www.health.gov/dietaryguidelines
www.mypyramid.gov
www.eatright.org

