

Wellness Policy Development Worksheet

Part I: Initial Discussion of Topic

Relationship to Student Learning: The following questions are intended to focus your district's discussion on the relationship between nutrition, physical activity and student learning.

Nutrition

1. Why is nutrition important to student learning?

2. What does your policy team see as the relationship between nutrition and student learning in your district?

3. How will policies on nutrition contribute to improved student learning?

Physical Activity

1. Why is physical activity important to student learning?

2. What does your policy team see as the relationship between physical activity and student learning in your district?

3. How will policies on physical activity contribute to improved student learning?
