**St. Charles Borromeo Elementary School Wellness Policy**

**June 16, 2025**

**Preamble**: *St. Charles Borromeo Elementary School* is committed to the optimal development of every student. We believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create a positive, safe and health-promoting learning environment.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.[[1]](#endnote-1),[[2]](#endnote-2),[[3]](#endnote-3),[[4]](#endnote-4),[[5]](#endnote-5),[[6]](#endnote-6),[[7]](#endnote-7) Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.[[8]](#endnote-8),[[9]](#endnote-9),[[10]](#endnote-10) In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.[[11]](#endnote-11),[[12]](#endnote-12),[[13]](#endnote-13),[[14]](#endnote-14). Finally, there is evidence that adequate hydration is associated with better cognitive performance. 15,16,17

This policy outlines St. Charles Borromeo Elementary School’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

* Students in St. Charles Borromeo Elementary School have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and state nutrition standards;
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
* Students have opportunities to be physically active before, during and after school;
* Students engage in nutrition and physical activity promotion and other activities that promote student wellness;
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
* The community is engaged in supporting the work of St. Charles Borromeo Elementary School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
* St. Charles Borromeo Elementary School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

1. **School Wellness Committee**

***Committee Role and Membership:*** St. Charles Borromeo Elementary School will convene a representative district wellness committee two times per yearto establish goals for and oversee school health and safety policies and programs, including referred as “wellness policy”).

The DWC membership will reflect the diversity of the community and include parents and caregivers, students, school nutrition director, physical education teachers, health education teachers, school administrators, education committee members, and the general public.

***Leadership:*** The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated officials for oversight are (Title and contact information)

Parochial Administrator – (608) 689-2642 Head Teacher - (608) 689-2642

1. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation Plan:*** St. Charles Borromeo Elementary School will develop and maintain a plan to manage and coordinate this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](http://www.schools.healthiergeneration.org/) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy can be found at: [*www.stcharlesgenoa.org*](http://www.stcharlesgenoa.org)

***Recordkeeping:*** St. Charles Borromeo Elementary School will retain records to document compliance with the requirements of the wellness policy at the School Office and/or on [www.stcharlesgenoa.org](http://www.stcharlesgenoa.org). Documentation maintained in this location will include but will not be limited to:

* The written wellness policy;
* Documentation demonstrating that the policy has been made available to the public;
* Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods St. Charles Borromeo Elementary School uses to make stakeholders aware of their ability to participate on the DWC;
* Documentation to demonstrate compliance with the annual public notification requirements;
* The most recent assessment on the implementation of the local school wellness policy;
* Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

***Annual Notification of Policy:*** St. Charles Borromeo Elementary School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. St. Charles Borromeo Elementary School will make this information available via St. Charles Borromeo Elementary School website. St. Charles Borromeo Elementary School will provide as much information as possible about the school nutrition environment. This will include a summary of St. Charles Borromeo Elementary School’s events or activities related to wellness policy implementation. Annually, St. Charles Borromeo Elementary School will also publicize the name and contact information of St. Charles Borromeo Elementary School leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

***Triennial Progress Assessments:*** At least once every three years, St. Charles Borromeo Elementary School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

* The extent to which schools under the jurisdiction of St. Charles Borromeo Elementary School are in compliance with the wellness policy;
* The extent to which St. Charles Borromeo Elementary School’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
* A description of the progress made in attaining the goals of St. Charles Borromeo Elementary School’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the School Administrative Assistant at (608) 689-2642.

The DWC will monitor schools’ compliance with this wellness policy.

St. Charles Borromeo Elementary Schoolwill actively notify households/families of the availability of the triennial progress report.

***Revisions and Updating the Policy:*** The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

***Community Involvement, Outreach and Communications:*** St. Charles Borromeo Elementary School is committed to being responsive to community input, which begins with awareness of the wellness policy. St. Charles Borromeo Elementary School will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. St. Charles Borromeo Elementary School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. St. Charles Borromeo Elementary School will use electronic mechanisms, such as email or displaying notices on St. Charles Borromeo Elementary School’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. St. Charles Borromeo Elementary School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that St. Charles Borromeo Elementary School and individual schools are communicating important school information with parents.

St. Charles Borromeo Elementary School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. St. Charles Borromeo Elementary School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

1. **Nutrition**

***School Meals:*** St. Charles Borromeo Elementary School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

St. Charles Borromeo Elementary School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). St. Charles Borromeo Elementary School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

* Are accessible to all students;
* Are appealing and attractive to children;
* Are served in clean and pleasant settings;
* Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (St. Charles Borromeo Elementary School offers reimbursable school meals that meet [USDA nutrition standards](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)
* Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas):
  + Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  + Sliced or cut fruit is available daily.
  + Daily fruit options are displayed in a location in the line of sight and reach of students.
  + Daily vegetable options are bundled into all grab-and-go meals available to students.
  + All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  + White milk is placed in front of other beverages in all coolers.
  + A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  + Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  + Student artwork is displayed in the service and/or dining areas.
  + Daily announcements are used to promote and market menu options.
  + St. Charles Borromeo Elementary School child nutrition program will accommodate students with special dietary needs.
  + Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
  + Menus will be posted on St. Charles Borromeo Elementary School website.
  + Students are served lunch at a reasonable and appropriate time of day.
  + Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

***Staff Qualifications and Professional Development:***All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](http://professionalstandards.nal.usda.gov/) to search for training that meets their learning needs.

***Water:*** To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. St. Charles Borromeo Elementary School will make drinking water available where school meals are served during mealtimes.

* + Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
  + All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
  + Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

***Celebrations and Rewards***1. All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, Celebrations and parties. St. Charles Borromeo Elementary School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/) and from the [USDA](http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations).

2. St. Charles Borromeo Elementary School will provide to parents a [list of foods and beverages that meet Smart Snacks](https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720) nutrition standards.

3. St. Charles Borromeo Elementary School will provide teachers and other relevant school staff a [list of alternative ways to reward children](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

***Fundraising:*** Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. St. Charles Borromeo Elementary School will make available to parents and teachers a list of healthy fundraising ideas [*examples from the* [*Alliance for a Healthier Generation*](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/) *and the* [*USDA*](http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising)].

***Nutrition Promotion:*** Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

St. Charles Borromeo Elementary School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

* Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](http://smarterlunchrooms.org/ideas); and
* Ensuring foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that St. Charles Borromeo Elementary School may use are available at <http://www.foodplanner.healthiergeneration.org/>.

***Nutrition Education:*** St. Charles Borromeo Elementary School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

* Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
* Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
* Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
* Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
* Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
* Teaches media literacy with an emphasis on food and beverage marketing; and
* Includes nutrition education training for teachers and other staff.

***Essential Healthy Eating Topics in Health Education****:* St. Charles Borromeo Elementary School will include discussion at grade-level appropriateness of the following essential topics on healthy eating:

* Relationship between healthy eating and personal health and disease prevention
* Food guidance from [MyPlate](http://www.choosemyplate.gov)
* Reading and using FDA's nutrition fact labels
* Eating a variety of foods every day
* Balancing food intake and physical activity
* Eating more fruits, vegetables and whole grain products
* Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
* Choosing foods and beverages with little added sugars
* Eating more calcium-rich foods
* Preparing healthy meals and snacks
* Risks of unhealthy weight control practices
* Accepting body size differences
* Food safety
* Importance of water consumption
* Importance of eating breakfast
* Making healthy choices when eating at restaurants
* Eating disorders
* [The Dietary Guidelines for Americans](https://www.choosemyplate.gov/dietary-guidelines)
* Reducing sodium intake
* Social influences on healthy eating, including media, family, peers and culture
* How to find valid information or services related to nutrition and dietary behavior
* How to develop a plan and track progress toward achieving a personal goal to eat healthfully
* Resisting peer pressure related to unhealthy dietary behavior
* Influencing, supporting, or advocating for others’ healthy dietary behavior

1. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and St. Charles Borromeo Elementary School is committed to providing these opportunities. St. Charles Borromeo Elementary School will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection). St. Charles Borromeo Elementary School will be encouraged to participate in *Let’s Move!* Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

To the extent practicable, St. Charles Borromeo Elementary School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. St. Charles Borromeo Elementary School will conduct necessary inspections and repairs.

***Physical Education:*** St. Charles Borromeo Elementary School will provide students with physical education, using age-appropriate, sequential physical education activities. The physical education activities will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. St. Charles Borromeo Elementary School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All **elementary students** in each grade will receive physical education for at least 90-120 minutes per week throughout the school year.

***Essential Physical Activity Topics***: St. Charles Borromeo Elementary School will encourage classroom discussions on the following essential topics on physical activity:

* The physical, psychological, or social benefits of physical activity
* How physical activity can contribute to a healthy weight
* How physical activity can contribute to the academic learning process
* How an inactive lifestyle contributes to chronic disease
* Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
* Differences between physical activity, exercise and fitness
* Phases of an exercise session, that is, warm up, workout and cool down
* Overcoming barriers to physical activity
* Decreasing sedentary activities, such as TV watching
* Opportunities for physical activity in the community
* Preventing injury during physical activity
* Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
* How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
* Developing an individualized physical activity and fitness plan
* Monitoring progress toward reaching goals in an individualized physical activity plan
* Dangers of using performance-enhancing drugs, such as steroids
* Social influences on physical activity, including media, family, peers and culture
* How to find valid information or services related to physical activity and fitness
* How to influence, support, or advocate for others to engage in physical activity
* How to resist peer pressure that discourages physical activity.

***Recess:*** St. Charles Borromeo Elementary School will offer at least **60 minutes of recess** on all days during the school year.

**Outdoor recess** will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.

***Classroom Physical Activity Breaks:*** St. Charles Borromeo Elementary School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day as needed.

St. Charles Borromeo Elementary School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](http://healthymeals.nal.usda.gov/resource-library/physical-activity-school-aged-children/activities-and-tools) and the [Alliance for a Healthier Generation](https://www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/).

***Active Academics:*** Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

St. Charles Borromeo Elementary School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by sharing resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

***Active Transport:*** St. Charles Borromeo Elementary School will support active transport to and from school, such as walking or biking. St. Charles Borromeo Elementary School will encourage this behavior.

1. **Other Activities that Promote Student Wellness**

St. Charles Borromeo Elementary School will integrate wellness activities across the entire school setting, not just in the cafeteria. St. Charles Borromeo Elementary School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

St. Charles Borromeo Elementary School are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or St. Charles Borromeo Elementary School’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will be encouraged to follow the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Community Partnerships:*** St. Charles Borromeo Elementary School will encourage relationships with community partners in support of this wellness policy’s implementation.

***Community Health Promotion and Family Engagement:*** St. Charles Borromeo Elementary School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities.

As described in the “Community Involvement, Outreach, and Communications” subsection***,*** St. Charles Borromeo Elementary School will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Staff Wellness and Health Promotion:*** St. Charles Borromeo Elementary School will encourage and support staff to participate in health programs.

***Professional Learning***

When feasible, St. Charles Borromeo Elementary School will encourage learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

*Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned by the school and/or used at any time for school-related activities.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years

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