

Nutrition and physical activity recommendations in hand

Staff members have prepared an action plan and recommendations for the school district's [2009 Nutrition and Physical Activity Report](#).

Among the highlights are a districtwide health advisory council and expansion of the breakfast and lunch programs. Another goal is to ensure each student gets 30 minutes of physical activity daily.

FCPS hosted a public forum in December to gather input and get feedback on the district's fall 2008 Wellness Report Card, a two-page report that reviewed nutrition and physical activity education districtwide. Staff then submitted the action plan to the Board of Education.

For more information about the physical activity segments, e-mail [Betty White](#). For more details on the nutrition components, e-mail [Michelle Coker](#).