

Students

**SUBJECT: DISTRICT WELLNESS POLICY**

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District Health and Wellness Committee provides oversight for, and advises the Superintendent on, implementation, evaluation, revision and updating of the policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs, and related community services. Communication with teachers, parents, students and food service personnel will be an integral part of the District's implementation plan. School Nurse Teachers, School Nurses, Health Teachers, Family and Consumer Science Teachers and Physical Education staff will share information with parents to help encourage families to teach children about health and nutrition and help them incorporate physical activity into their lives, thereby, positively impacting the health of the community.

**Goals to Promote Student Wellness****Nutrition Education and Promotion**

To facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well being, the District will provide nutrition education that:

- a) Is offered at each grade level in grades K-5; in Health and Family and Consumer Science classes in grades 6-7; and in health classes in grades 6, 8 & 10 as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b) Is part of health education classes as well as being integrated into classroom instruction when appropriate;
- c) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- d) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- e) Will foster links with school lunch programs and other foods offered by the District food service;
- f) Includes awareness for teachers, other staff and parents.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**Physical Activity and Promotion

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle. These opportunities will include:

- a) Physical education for all students in grades K-12, including students with disabilities, special healthcare needs and in alternative education settings. State-certified physical education instructors will teach all physical education classes;
- b) Classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television, playing video games, etc.;
- c) A daily recess period for elementary students of at least 15 minutes, if scheduling and weather permits.
- d) Extra curricular physical activity programs such as intramurals, interscholastic sports, and clubs for middle and high school students.

The District will provide physical activity facilities on school grounds that are safe and well-maintained. Adequate equipment will be made available for students to participate in physical activity.

Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. To achieve that goal and present a coordinated District-wide approach related to nutrition and physical activity, the District will:

- a) Ensure that eligible children have access to free and/or reduced price meals and make every effort to eliminate any social stigma attached to the program; and
- b) Provide an environment that is conducive to proper eating and hygiene habits where students will have a designated time allotted for lunch with sufficient time to eat.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)****Nutrition Guidelines**

The District Health and Wellness committee will recommend to the Superintendent that nutrition standards be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

- a) At a minimum, school meals will meet the program requirements and nutrition standards.
- b) Minimum standards for nutritional value of foods and beverages sold on school campus will be specified in detail in accompanying regulations to this policy.
- c) Nutrition information for products sold on campus will be available upon request.

Vending machines, a la carte, student stores, snack bars, concession stands, parties, celebrations, food-related fund-raising and food rewards

- a) Minimum standards for nutritional value of foods and beverages available for purchase outside the School Lunch Program, but during the school day, will be specified in detail in the accompanying regulations to this policy.
- b) Food and beverages sold at school-sponsored events outside the school day will include healthy choices and provide age-appropriate selections for elementary and secondary students. The District will provide a list of recommended food and beverages to sell.
- c) Clubs, student government organizations, athletic teams/booster clubs and other groups who conduct fund-raising activities should use healthy food or non-food fundraisers.
- d) Principals in conjunction with their staff will:
  - 1. Limit non-curricular food celebrations in the classroom and building to a maximum of one food celebration per month. At all food celebrations, the majority of choices will be healthy. The District will provide a list of recommended food and beverages.
  - 2. Use only healthy food or non-food items for academic or good behavior recognition.
  - 3. Educate about and encourage healthy classroom snacks.

A food celebration is defined as an occasion observed with festivity, such as a birthday party, One Hundredth Day of School party, Valentine's Day party, etc. A food reward is defined as food given or offered for a particular performance (i.e. grade on a test/quiz; reading a book, finishing homework, etc.).

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**

Parents and guardians may provide commercially prepared food items or prepackaged and washed fruits and vegetables for classroom/building food celebrations. In response to student allergies and health concerns, food/snacks may not be shared in the classroom, in the cafeteria or at other school events unless it is a pre-approved building celebration. Ingredient lists must be provided to the teacher/event coordinator.

**Assurance**

Guidelines for school meals shall meet or exceed applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

**Implementation and Evaluation of the Wellness Policy**

The District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The District will review and evaluate the plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- a) Director of Food Services.

The Superintendent/designee shall prepare a summary report on district-wide compliance with the District's wellness policy based on input from schools within the District annually. The report will be provided to the Board and also distributed to the District Health and Wellness Committee, parent-teacher organizations, building principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

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**SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**

These designated school officials will also serve as liaisons with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Child Nutrition and WIC Reauthorization Act of 2004  
Public Law Section 108-265 Section 204  
Richard B. Russell National School Lunch Act  
42 United States Code (USC) Section 1751 et seq.  
Child Nutrition Act of 1966  
42 United States Code (USC) Section 1771 et seq.  
7 Code of Federal Regulations (CFR) Section 210.10  
[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr2105.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr2105.html)