

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition, health, physical activity, and other school-activities that advance student health and reduce childhood obesity. [See EHAA(LEGAL)]

**Development,
Implementation, and
Review of Guidelines
and Goals**

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public. [See BDF(LEGAL)]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

**Nutrition Guidelines:
and Beverages Sold**

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

**Nutrition Guidelines:
Foods and
Beverages Provided**

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

**Wellness Goals:
Nutrition Promotion
and Education**

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

In addition, the District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall provide campuses educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
3. The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Wellness Goals:
Physical
Activity**

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB, EHAC, BDF, and EHAA].

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or in competitive sports.

2. Physical education classes shall regularly emphasize moderate to vigorous activity.
3. The District shall encourage a campus safety plan for Health Fitness classes with a student-to-staff ratio greater than 45:1. [See EHAA(REGULATION)]
4. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
5. All elementary students shall receive daily physical activity, preferably outdoors, for recess.
6. Teachers and other school and community personnel shall not use physical activity (e.g., running laps or pushups) as punishment, nor shall they withhold opportunities for physical activity (e.g., recess or physical education) as disciplinary measures.
7. Before-, during-, or after-school physical activity programs may be offered, and students shall be encouraged to participate.
8. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
9. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities such as tracks, playgrounds, and the like that are available outside of the school day. [See GKD]

**Wellness Goals:
Other School-Based
Activities**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families shall be promoted at suitable District and school activities.
3. Employee wellness education and involvement shall be promoted at suitable District and school activities.
4. The District shall promote community partnerships and outreach activities that support access to comprehensive healthcare and wellness activities.

5. The District shall provide a planned, sequential, age-appropriate health education curriculum that addresses the physical, mental, social, and emotional dimensions of health.
6. The District shall ensure that school buildings and grounds, structures, and equipment meet current safety standards and fire codes.
7. The District shall promote a climate of mutual respect on its campuses where all forms of discrimination, violence, and abuse are prohibited.
8. The District shall provide guidance and counseling programs to maintain and/or improve students' mental, behavioral, emotional, and social well-being through coordinated efforts that include students, parents, staff, and community members.
9. The District shall provide appropriate school-based health services in partnership with students, parents, staff, and the community. Where appropriate, school-based health services may also provide care and programs to staff, families, and community members.

Implementation	The District Coordinated School Health Leadership Team shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.
Evaluation	The District shall comply with federal requirements for evaluating this policy and the wellness plan.
Public Notification	The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.
Record Retention	The District shall retain the necessary records associated with the wellness policy, in accordance with law and the District's records management program. [See FFA(LEGAL)]
Effective Date	This policy shall be effective as of the adoption date.