

## HEALTH AND WELLNESS

### Intent

Laramie County School District #2 shall promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The District's primary goal is to help students develop positive attitudes, behaviors, and skills associated with lifelong healthful eating patterns as well as learn the short and long-term benefits of a physically active and healthful lifestyle.

### Rationale

The District recognizes that healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and well-being. Because students are in school for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong healthy eating and physical activity patterns.

### Nutrition Education

1. State and District health education curriculum standards and guidelines shall be met or exceeded.
2. Students in grades K-12 will receive nutrition education that teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy eating habits that last a lifetime.
4. The School District will help to ensure that students receive consistent nutrition messages throughout the school, classroom, and cafeteria.
5. The School District will help build awareness among school staff about the importance of healthy eating habits and physical activity.
6. The School District will encourage parents, teachers, school personnel, and students to serve as role models in practicing healthy eating habits and being physically active.

### Physical Education and Physical Activity Opportunities

1. State and District physical education curriculum standards and guidelines will be met or exceeded.
2. Students will be given opportunities for physical activity during the school day through daily recess periods and elective and mandatory PE classes.
3. The School District will provide environments that encourage safe and enjoyable activity for all students.
4. The school will encourage families and community members to support programs outside of the school that encourage physical activity.
5. Physical activity programs will be carried out in environments that reflect respect for body-size differences and varying skill levels.

## **Nutrition Guidelines for All Foods Available on Each School Campus During the School Day:**

1. During each school day the nutrition services program will offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
2. The School District will encourage teachers to feature healthy choices for classroom snacks.
3. The promotion of healthy foods – including fruits, vegetables, whole grains, and low-fat dairy products – is encouraged.
4. The School shall provide appealing and attractive meals to children that offer a variety of healthy foods including fruits, vegetables, whole grains and dairy products.
5. Beverage vending machines will offer healthier choices such as 100% fruit juices and water.

## **Other School-Based Activities Designed to Promote Student Wellness**

Laramie County School District #2 may implement other appropriate programs to help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

1. School counselors and school health services staff shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
2. A safe, clean, and pleasant eating environment will be maintained in each school.
3. Students will have adequate time to eat during lunch.
4. Lunch periods will be scheduled as near to the middle of the day as possible.
5. Safe drinking water will be available throughout the day.
6. The District will encourage fundraising efforts that are supportive of healthy eating and physical activity.

## **Implementation and Measurement**

1. The Business Services Director, School Nutrition Specialist, and Food Service Director shall implement this policy and measure how well it is being managed and enforced. These same individuals shall develop and implement administrative rules consistent with this policy.
2. LCSD#2 school administrators will be the designated official responsible for ensuring that their school complies with the District's wellness policy.
3. The District shall establish a committee that will define specific objectives essential to achieving the goals of this policy. The committee will monitor objectives, assess the goals, and recommend any improvements necessary to ensure a healthy environment in our district. An assessment of the policy (Policy ADC-1-E) will occur at minimum every 3 years, and be posted to the LCSD#2 website for public viewing. The member of the committee shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.
4. It will be recommended that the advisory committee include: health teacher, physical education teacher, school nurse, administrator, counselor, teachers, parents, food service staff, students, other school staff member(s), and community members.