Wellness

The District is committed to teaching, encouraging, and supporting healthy eating by students. The District shall provide nutrition education and engage in nutrition promotion that is offered at each grade level 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.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotions. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for food and beverages sold individually.

Nutrition Standards for Foods Available to Students

Meals served through the National School Lunch and Breakfast Programs will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations which includes but is not limited to the nutritional content standards as set by the Healthy Kids Act. In addition, the District will share information about the nutritious meals with parents and students. Such information is made available on menus, the school website, and on cafeteria menu.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will provide a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Free and Reduced-priced Meals

The District will make every effort to eliminate any social stigma attached to the overt identification of student who are eligible for free and reduced-price school meals. Toward this end, schools will utilize electronic identification and payment system and promote the availability of school meals to all students.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. The District will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Integrating Physical Activity into the Classroom Setting

The District recognizes that students need opportunities for physical activity beyond physical education class. Toward that end, classroom health education 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.

Student Health

The District highly values the health and well-being of every student. The District will take appropriate measures to address student health issues that arise in the school setting. The Superintendent shall develop procedures for addressing student health issues that may arise.

Staff Wellness

The District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The District will establish and maintain a staff wellness committee composed of at least one staff member, school nurse, nutrition specialist or other health professional, athletic director union representative, and employee benefits specialist. The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan may include an incentive for wellness by giving employees the opportunity to leave for physical activity when the student school day ends if no other obligations interfere. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the staff.

Daily Recess

All elementary students will have daily, supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

The District will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

Development, Review, and Implementation of the Policy

The District will involve the staff, and the public, including but not limited to parents, students, school food service staff, physical education teachers, school health professionals, trustees,

administrators, and members of the general public in the development, implementation, review, and modification of this policy. The Superintendent or designee is responsible for ensuring compliance with this policy and may develop procedures and regulations to support the implementation of this policy.

The District will assess the implementation of this policy and inform and update the public every three years, at a minimum, regarding compliance with the policy, how it compares to model wellness policies, and progress in attaining the goals of the wellness policy.

Legal Reference:	PL 108-265	The Child Nutrition and WIC Reauthorization Act of 2004
	P.L. 111-296	The Healthy, Hunger-Free Kids Act of 2010
	10.55.701, ARM	Board of Trustees

Policy History:
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