

## **Wellness Policy**

The Board recognizes a student's family as having the primary responsibility and influence for a student's diet, food choices, and overall physical fitness. However, in support of State and National efforts to improve student health, the following goals and requirements are in effect for all Okanogan Schools:

### **Goals**

1. Improve student fitness and health.
2. Encourage students to eat foods that are lower in fat, sugar, and sodium.
3. Demonstrate progress towards meeting Healthier US School Challenge recognition.
4. Provide family access to student's health and physical fitness progress.
5. Designate March as Okanogan's health and fitness month.

### **General Nutrition and food Services Guidelines**

1. Using food as a reward for appropriate behavior or academic performance is discouraged.
2. When food is distributed during school hours or sold at school events, the use of reduced sodium, sugar and low fat food items is encouraged.
3. All school employees will remain allergy aware when selling or distributing any foods during the school day. Students in secondary schools are expected to self-manage their food choices.
4. Soda and other food items of minimal nutritional value will not be sold to students in the eating area during meal periods.
5. All food service meals and ala-carte items will meet current USDA requirements.
6. Food services will use USDA commodities and local foods as much as possible, yet still meet annual fiscal goals.

### **Health and Physical Fitness**

1. Every effort will be made to ensure students will be provided the minimum state required minutes per week of health instruction and physical fitness instruction/activities.
2. Health and physical fitness instruction will follow a District K-12 curriculum that reflects National Best Practices.
3. Instruction and activities will be provided by certificated teacher, or a para-educator working under the direction of a certificated teacher. Activities may include intramural and large group type competitive or station fitness activities held during a student's recess time.

### **Compliance, Reporting, and Community Involvement**

1. The food services director will provide an annual report to the Board on District compliance with USDA health and nutrition requirements as well as a summary of food and beverages items sold during and after regular school hours.
2. District administrators for Elementary and Secondary Education will monitor compliance and provide an annual report to the Board on District physical fitness, wellness, and health activities.
3. Parent/community input on the District's Nutritional and Physical Fitness Policy and activities will be solicited and considered as part of the Board Report process by using multiple methods.
4. The Board Report and survey results will be available online as well as the current policy and board minutes reflecting any Board and community discussion.

**Adopted: 2.26.2020**