



Wellness Plan

The district wellness policy (JGCA)¹ provides a consistent message for the health of our students. This Wellness Plan, created by the Wellness Committee, is designed to reinforce the district's commitment to student wellness. The Wellness Plan is intended to provide a roadmap for schools to promote student, staff, and community wellness.

Nutrition

- Schools will allow and encourage students to have individual water bottles in the classroom.
- Carbonated sodas or energy drinks will **not** be made available to students (sold or as reward).
- Smart Snacks in School guidelines will be followed for food/beverages sold to students including school stores and fundraising.
- Encourage non-food rewards, incentives, and celebrations by providing teachers and parents information on healthy options.
- Food/beverage items provided to students will be labeled by the manufacturer. Fresh fruits/vegetables do not need a label.
- Foods or beverages will **not** be provided/sold in competition with food service during the meal serving times.
- Food will not be ordered for delivery to the school during the school day for student consumption.
- Schools will be encouraged to provide at least 20 minutes 'seat time' for students at lunch not including time spent walking to/from class or waiting in line.

Nutrition Promotion and Education

- Staff will be educated on healthy eating options and ways to integrate nutrition education into instruction (example: including healthier recipes when food is prepared by students in FACS classes). (Curriculum and Instruction)
- Schools will be encouraged to have at least one school-wide interactive event that is either centered on nutrition or contains nutrition as a main component. (Health Fairs, Family Night, or educational community connections or events)
- Marketing (oral, written or graphics) of any foods and beverages sold on the school campus during the school day must meet the requirements set forth in the Smart Snacks Rule.
- School Staff, PTA and all departments will promote to students the development of healthy eating habits.

Physical Activity

- Schools will model the benefit of physical activity and wellness by encouraging opportunities for periodic movement in the classroom and throughout the school day.
- Physical Activity as a punishment including withholding physical activity is prohibited.
- Schools will explore opportunities to share information on safe routes to schools and community mapping projects as a way to promote students and families walking and/or biking to school.

Integrated School Based Wellness

- Vaping and tobacco education information will be provided to building administrators, staff, students, and parents.
- The use of candles, oil diffusers, plug-ins, incense, or other fragranced items will not be allowed in district buildings. These items diminish indoor air quality which can be a respiratory irritant for asthmatics and other sensitive populations.
- The District will maintain a [Staff Wellbeing website](#) which will provide information on all domains of wellbeing: physical, emotional, financial, career and community.

Social Emotional Wellbeing

- The district utilizes an evidenced-based resource designed to help students develop the knowledge, attitudes, and skills necessary to understand and manage emotions; the ability to set and achieve positive goals; the ability to feel and show empathy for others; the ability to establish and maintain positive relationships; and the ability to make responsible decisions.