

CHARTER SCHOOL BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS PROGRAM POLICY PG-3.43

Wellness Program Policy Purpose

Harmony Public Schools shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and reduce childhood obesity.

Nutrition Guidelines

The School'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 at least as restrictive as federal regulations and guidance, except when the School allows an exemption for fundraising activities as authorized by state and federal rules.

The School 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 School's wellness plan.

The School shall encourage nutrition promotion and education integrated throughout the school day. The School'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 School.

Wellness Goals

Nutrition Education

The School shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the School establishes the following goals for nutrition education:

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

DATE ISSUED: 9/20/2012

DATE REVISED: 8/15/2022

CHARTER SCHOOL BOARD POLICY MANUAL

POLICY GROUP 3 – STUDENTS

WELLNESS PROGRAM POLICY PG-3.43

Nutrition Promotion

The School establishes the following goals for nutrition promotion:

1. The School's food service staff, teachers and other School personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The School shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Physical Activity

The School shall implement physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

The School establishes the following goals for physical activity:

1. The School will 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 competitive sports.
2. The School shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The School shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

School-Based Activities

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

1. The School shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The School shall promote wellness for students and their families at suitable School and campus activities.

DATE ISSUED: 8/15/23

3 of 3

DATE REVISED: 8/15/2023

Teams and Email

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Implementation

The Superintendent shall oversee the implementation of this policy, the creation of a Wellness Policy Advisory Committee, the development of the wellness plan and appropriate administrative procedures.

Wellness Policy Advisory Committee

The Wellness Policy Advisory Committee (WPAC) on behalf of the School, 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 WPAC shall permit participation by parents, students, representatives of the School's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

WPAC Role and Membership Guidelines

The Superintendent shall develop the guidelines for how WPAC members are appointed and establish WPAC roles and duties. The Superintendent will ensure the effective development of WPAC evidence –based strategies and techniques and enforce the implementation of WPAC strategies to further the nutritional wellness of the School's students.

WPAC Minimum Requirements

The WPAC shall develop a wellness plan to implement the School's nutrition guidelines and wellness goals. The wellness plan shall, at 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 School's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and

DATE ISSUED: 8/15/23

3 of 3

DATE REVISED: 8/15/2023

Teams and Email

5. The manner of communicating to the public applicable information about the School's wellness program policy and plan.

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

3 of 3

DATE ISSUED: 9/20/2012

DATE REVISED: 8/15/2022

CHARTER SCHOOL BOARD POLICY MANUAL

POLICY GROUP 3 – STUDENTS

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Evaluation

The School shall comply with federal requirements for evaluating policy and the wellness plan.

Public Notification

The School 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.

Records Retention

The School shall retain all required records associated with the wellness policy, in accordance with law and the Schools records management program

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DATE ISSUED: 8/15/23

3 of 3

DATE REVISED: 8/15/2023

Teams and Email