



# Wellness Plan

The district wellness policy (JGCA)<sup>1</sup> provides a consistent message for the health of our students in grades PreK-12. 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 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.