

SUBJECT: STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board of Education adopts the following goals and actions to provide District students with a school environment that promotes student health and wellness and reduces childhood obesity.

The District will provide a learning environment that promotes lifelong habits of healthy eating, physical activity and responsible decision making. The District will periodically convene an advisory committee to review the District's wellness policy and make recommendations to the Superintendent.

Foods and Beverages Available in School

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the District shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the District serve healthy and appealing foods and beverages at District schools following state and federal nutrition guidelines. The District will make best effort to:

School Meals

- a) Promote fresh fruits, vegetables, salads, whole grains, and low fat items;
- b) Encourage students to try new or unfamiliar items;
- c) Comply with federal requirements to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply;
- d) Make the best effort possible to schedule lunchtime between normal lunch hours (11 a.m.-1 p.m.).

Foods and Beverages Sold Individually (a la carte and vending)

- a) Promote items that are healthy, fresh, and natural;
- b) Discourage items high in sugar, fat, trans-fats, high fructose corn syrup and that are highly processed;
- c) Work with existing vendors or locate new vendors that will comply with the District's objectives.

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Fund Raising Activities

- a) Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do;
- b) Discourage sales of candy and other "junk food."

Celebrations

Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.

Physical Activity

The Board believes that physical activity is an important factor in staying healthy and being ready to learn and encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

Physical Education

- a) The District will make the best effort to engage students in physical education for at least the minimum number of hours per week under state requirements;
- b) Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives;
- c) The performance of physical activity shall not be used as a form of discipline or punishment.

Recess

- a) Maintain daily allotment of recess time for elementary school;
- b) Except in limited circumstances as determined by the Principal, the withholding of recess shall not be used as a disciplinary consequence for misbehavior.

Physical Activity in the Classroom

Promote the integration of physical activity in the classroom.

Extracurricular Opportunities for Physical Activity

Promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students.

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Nutrition Education

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. The District will make the best effort to integrate nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors into the curriculum; provide nutrition education information throughout the school campus including, but not limited to, school dining areas and classrooms; and ensure staff members who provide nutrition education shall be appropriately certified and trained.

Other School-Based Activities

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness, limiting the use of food as a reward.

Implementation

The Board shall designate at least one (1) person as the District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the District.

Monitoring and Review

The District Wellness Coordinator shall report annually to the Superintendent on the implementation of this policy. Every two (2) years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the District's wellness activities. Based on this review, this policy, and the specific objectives set to meet its goals, may be revised as needed.

The District shall monitor and review the implementation and effectiveness of this policy by conducting activities that may include, but are not limited to the following:

- a) Periodic review with Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects;
- b) Periodic checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods;
- c) Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods;

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- d) Periodic checks of the amount of time students spend in physical education classes, and the nature of those activities;
- e) Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students;
- f) Periodic checks of student mastery of the nutrition education curriculum;
- g) Periodic review of data currently collected by the District, which may include, but are not limited to the following:
 - 1. Attendance data, particularly absences due to illness;
 - 2. Test scores;
 - 3. Rates of suspension, discipline, and violent incidents;
 - 4. Physical education scores on flexibility, endurance, and strength;
 - 5. Height and weight of students from health examinations, used to calculate Body Mass Index (BMI) as plotted on percentile charts (BMI scores shall only be used to aid in assessing overall student body health and for referring students at risk for malnutrition and obesity); and
- h) Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204
Richard B. Russell National School Lunch Act , 42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966, 42 United States Code (USC) Section 1771 et seq.
7 Code of Federal Regulations (CFR) Section 210.10

Adoption Date: 12/16/15