

STUDENT WELLNESS

I. 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.

School Meals

1. *Promote fresh fruits, vegetables, salads, whole grains, and low fat items.*
2. *Encourage students to try new or unfamiliar items.*
3. *Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.*

Meal Scheduling

1. *Provide adequate time to eat.*
2. *Schedule lunchtime between normal lunch hours.*

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

1. *Promote items that are healthy, fresh, natural and less processed.*
2. *Discourage items high in sugar, fat, and that are highly processed.*
3. *Work with existing vendors to comply with the district's objectives.*

Fund Raising Activities

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

Celebrations

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

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board 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

1. *Students shall engage in physical education for at least the minimum number of hours per week under State requirements.*
2. *Promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.*
3. *The performance of physical activity shall not be used as a form of discipline or punishment.*

Recess

1. *Maintain daily allotment of recess time for elementary school.*
2. *Recess shall not be used as punishment or reward. At the discretion of the building principal, students can be removed from recess if their behavior is deemed to be dangerous, unsafe, or abusive to others or themselves. An appropriate intervention plan will be developed.*
3. *Consider scheduling recess before lunch.*

Physical Activity in the Classroom

1. *Promote the integration of physical activity in the classroom.*

Extracurricular Opportunities for Physical Activity

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

III. Nutrition Education

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall be appropriately certified and trained.

1. *Include nutrition education as part of not only health education classes, but also classroom instruction;*
2. *Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;*
3. *Promote fruits, vegetable, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices; and*
4. *Teach media literacy.*

IV. 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 health 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, and food marketing and advertising in school.

V. Communication with Parents

The District will support parents' efforts to provide a healthy diet and daily physical activity (before, during, and after school) for their children. Outreach to parents may include nutrition information sessions, take-home nutrition information, newsletters, nutrition tips posted on the websites, and other special events

Implementation

The Board shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person [School Wellness Coordinator] in each building to ensure that the wellness activities and actions are being implemented at the building-level.

Monitoring and Review

The District Wellness Coordinator shall report annually to the Board on the implementation of this policy. Every two years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, 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:

- 1. Periodic informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.*
- 2. 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.*
- 3. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.*
- 4. Periodic checks of student mastery of the nutrition education curriculum.*
- 5. Periodic completion of relevant governmental reports as required.*
- 6. Periodic review of data currently collected by the district, including:*

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| <ul style="list-style-type: none"> a. <i>attendance data, particularly absences due to illness;</i> b. <i>test scores;</i> c. <i>rates of suspension, discipline, and violent incidents;</i> d. <i>physical education scores on flexibility, endurance, and strength; and</i> e. <i>height and weight of students from health examinations</i> <p>7. <i>Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.</i></p> |
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Ref: P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)
 42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)
 42 USC §1779 (Child Nutrition Act)
 7 CFR §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)
 7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)

Revised/Adopted: 8/7/2007