

Wellness Program Policy Purpose

Harmony Public Schools (HPS) 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

HPS's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during HPS 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 HPS allows an exemption for fundraising activities as authorized by state and federal rules.

HPS shall establish standards for all foods and beverages provided, but not sold, to students during HPS day. These standards shall be addressed in HPS's wellness plan.

HPS shall encourage nutrition promotion and education integrated throughout HPS day. HPS's nutrition promotion activities shall encourage participation in the National School Lunch Program, School Breakfast Program, and any other supplemental food and nutrition programs offered by HPS.

Wellness Goals

Nutrition Education

HPS 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, HPS establishes the following goals for nutrition education:

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

Nutrition Promotion

HPS establishes the following goals for nutrition promotion:

1. HPS’s food service staff, teachers and other School personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. HPS 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

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

HPS establishes the following goals for physical activity:

1. HPS 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. HPS shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. HPS 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

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

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 HPS, 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 HPS'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 HPS's students.

WPAC Minimum Requirements

The WPAC shall develop a wellness plan to implement HPS'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. HPS's standards for foods and beverages provided, but not sold, to students during HPS day on a school campus; and
5. The manner of communicating to the public applicable information about HPS'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.

Evaluation

HPS shall comply with federal requirements for evaluating policy and the wellness plan. Generally, HPS's compliance with the local wellness plan shall be assessed at least one

every three years. The superintendent or designee shall conduct the assessment, which will consider:

1. The extent to which each school is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy aligns with model local school wellness policies; and
3. A description of the progress made toward attaining the goals described in the local wellness plan.

Public Notification

HPS 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

HPS shall retain all required records associated with the wellness policy, in accordance with law and HPS records management program.

42 U.S.C. 1758b, 7 C.F.R. Part 210.