

SCHOOL WELLNESS

The Ouachita Parish School System participates in the National School Lunch Program and the School Breakfast Program and has established a district *Wellness Policy and Program* in accordance with federal and state food and nutrition laws. The Superintendent or his/her designee shall have the authority and responsibility for development, maintenance, and implementation of and compliance with district wellness policies, plans, programs, and initiatives. To assist the Superintendent and to strengthen such policies and increase transparency, the School Board shall establish a *School Health Advisory Council (SHAG)* which is responsible for continued review and update of the district's *Wellness Policy and Program* and implementation of new regulations or requirements as announced by federal and/or state law.

It is the School Board's desire to ensure school environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district's *Wellness Policy and Program* contains goals, standards, and procedures to ensure that:

- students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus - in accordance with federal and state nutrition standards;
- students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- students have opportunities to be physically active before, during and after school; schools engage in nutrition and physical activity promotion and other activities, including marketing of foods and beverages on campus, that promote student wellness;
- school staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- the community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- the district establishes and maintains an infrastructure for management, oversight, implementation, communication about, documentation, and monitoring of wellness policies and established goals and objectives.

A copy of the district's *Wellness Policy and Program* and information about the district's *School Health Advisory Council (SHAG)* may be found by visiting: www.opsb.net.

Revised: December, 2009
Revised: June, 2010
Revised: November, 2011
Revised: June, 2014
Revised: July, 2017

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (*National School Lunch Program*); 7 CFR 220 (*School Breakfast Program*); La. Rev. Stat. Ann. §17:17.1; Board minutes, 11-15-11, 7-28-14.