

Mission Statement

To promote and support healthy eating habits and physical activity for all students and staff, fostering an environment where lifelong health and wellness are prioritized, leading to enhanced academic success and well-being.

Wellness Objectives

1. **Nutrition Education & Awareness**
 - Equip students with knowledge and skills to make nutritious and enjoyable food choices for life.
 - Encourage staff to model healthy eating behaviors.
 2. **Physical Activity**
 - Promote daily physical activity among students and staff as an integral component of a healthy lifestyle.
 3. **Community Engagement**
 - Leverage school and community resources to ensure inclusivity, cultural sensitivity, and equitable access to wellness programs.
 4. **Policy Oversight & Evaluation**
 - Ensure compliance with wellness policies through structured oversight, feedback, and reporting mechanisms.
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Implementation Strategies

1. Nutrition Education

- **Curriculum Integration:**
 - Incorporate age-appropriate nutrition education into core subjects such as science, health, and physical education.
 - Develop hands-on activities like cooking demonstrations, taste tests, and gardening projects.
 - **Staff Training:**
 - Provide professional development on nutrition education for teachers and staff.
 - Offer workshops for staff on modeling healthy eating behaviors.
 - **Promotional Activities:**
 - Host monthly wellness challenges or theme days to promote healthy eating (e.g., "Fruit Friday" or "Healthy Recipe Contest").
 - Display educational materials in cafeterias, classrooms, and common areas.
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2. Healthy School Meals

- **Meal Program Compliance:**
 - Ensure all meals meet or exceed the USDA nutrition standards.
 - Offer diverse, culturally relevant meal options to respect student backgrounds.
 - **Student Engagement:**
 - Conduct surveys and taste tests to gather student input on meal preferences.
 - Involve students in menu planning through a "Student Nutrition Advisory Committee."
 - **Staff Access to Healthy Options:**
 - Offer healthy meal options for staff at discounted rates to encourage participation in school nutrition programs.
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3. Physical Activity

- **Daily Physical Education (PE):**
 - Ensure PE classes are provided to all students, with a focus on engaging activities that promote lifelong fitness.
 - Include adaptive physical education for students with special needs.
 - **Active Classrooms:**
 - Encourage teachers to incorporate movement breaks during lessons.
 - Provide resources like yoga mats or exercise bands for in-class use.
 - **Extracurricular Opportunities:**
 - Offer after-school sports, fitness clubs, and recreational programs.
 - Host annual events like a district-wide fun run, walk-a-thon, or field day.
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4. Community Engagement

- **Parent Involvement:**
 - Host workshops for parents on nutrition, meal prep, and physical activity.
 - Share wellness updates via newsletters, social media, and parent meetings.
 - **Local Partnerships:**
 - Collaborate with local farms, businesses, and health organizations to support wellness initiatives (e.g., farm-to-school programs, health fairs).
 - **Cultural Sensitivity:**
 - Respect and incorporate diverse cultural norms and preferences in meal planning and wellness activities.
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5. Monitoring and Evaluation

- **SHAC Oversight:**
 - The SHAC will meet as needed to review progress, gather input, and make recommendations for improvement.
 - **Campus-Level Accountability:**
 - Principals will oversee the local implementation of the wellness policy and work with the Child Nutrition Director for compliance.
 - **Feedback Mechanisms:**
 - Utilize surveys and focus groups with students, staff, and parents to assess satisfaction and identify areas for growth.
 - Monitor participation rates in school meal programs and wellness activities.
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Key Contacts

- **School Coordinators:** Responsible for day-to-day implementation of wellness activities.
 - **Child Nutrition Department:** Oversees compliance with nutrition standards and menu planning.
 - **Director of Health & Physical Education:** Guides physical activity initiatives and PE curriculum.
 - **Health Services:** Supports the health needs of students and staff.
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Timeline for Implementation

- **Year 1:** Launch nutrition education, establish SHAC meetings, and integrate physical activity initiatives.
- **Year 2:** Expand community partnerships, enhance staff training, and refine evaluation processes.
- **Year 3 and Beyond:** Scale successful programs district-wide and continually adapt based on feedback.