File: ADF-R

School Wellness
(Implementing Objectives)

Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

The goal of providing a comprehensive learning environment will be accomplished by: *[insert here a jointly developed set of objectives to implement this goal]*

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[Objectives might include:

- *The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.*

- *The participation of schools in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.*

- *Active promotion of healthy eating and physical activity to students, parents, school staff and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.*

- *Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies and language arts, as applicable.*

- *The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.*

- *The availability of parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles and through any other appropriate means available for reaching parents.]*

Goal #2. The district will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

The goal of implementing and promoting nutrition education and proper dietary habits will be accomplished by: *[insert here a jointly developed set of objectives to implement this goal]*

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[Objectives might include:

- *The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's nutrition services staff and teachers, in accordance with the district's academic standards for comprehensive health education.*

- *A requirement that all students have access to fresh fruits and vegetables throughout the school day.* ✓

- *A requirement that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat; healthful items in vending machines and healthful items for fundraisers, classroom parties and rewards in the schools.* ✓

- *A prohibition or restriction on using food as a discipline or reward for students.*

- *Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.* ✓

- *An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables and reduced noise, if possible.*

- *A requirement that only healthy food choice options be made available to students at any school function (parties, celebrations, receptions, festivals, sporting events, etc.)*

- *A requirement that schools offer lunch after recess to better support learning and healthy eating.*

- *A requirement that students be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.*

- *The encouragement of nonfood fundraisers, especially those promoting physical activity, such as walk-a-thons, jump rope for heart, fun runs, etc.*

- *A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water. ✓]*

Goal #3. The district will promote healthy nutrition choices to create and encourage a healthy learning environment.

The goal of promoting healthy nutrition choices to create and encourage a health learning environment will be accomplished by: *[insert here a jointly developed set of objectives to implement this goal]*

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[Objectives might include:

- *To the greatest extent feasible, the marketing of food and beverage products on the exterior of vending machines and through posters, menu boards and other equipment on the school campus shall meet the Smart Snacks in School nutrition standards.*

- *Marketing shall encourage participation in school meal programs.*

Goal #4. The district will provide daily opportunities for students to engage in physical activity.

The goal of providing daily opportunities for students to engage in physical activity will be accomplished by: *[insert here a jointly developed set of objectives to implement this goal]*

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[Objectives might include:

- *A requirement that periods of physical activity be provided for elementary students in accordance with policy JLJ*, Physical Activity and consistent with requirements of state law.*

- *A requirement or encouragement that periods of physical activity be at least 225 minutes per week for secondary students.*

- *A requirement that all students have access to age-appropriate daily physical activity. ✓*

- *Increased opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.*

- *Increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum.*

- *An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.*

- *An encouragement that secondary schools administer a health-related fitness assessment to students to help students determine their own level of fitness and create their own fitness goals and plans.*

- *An encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment to students.*

- *The promotion of walking or bicycling to and from school using programs such as Walking School Bus and Bike Train.*

- *The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational demonstrations, and walking clubs.]*
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Adopted: August 15, 2017