



FARMINGTON SCHOOL DISTRICT NO. 192	<i>ISD192 Policy 1009</i> <i>Orig. 2006</i> <i>Revised: 06-2024</i> <i>Adopted: 01-2014</i>
POLICIES AND REGULATIONS	

## **ISD 192 SPECIFIC POLICIES**

### **1009 WELLNESS POLICY**

#### **I. PURPOSE**

The Farmington Area School District Community has a responsibility to foster a school environment that promotes students to learn and maintain lifelong healthy eating and physical, social and emotional health. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students and staff while at school, nutrition education, opportunities for physical activity, and other school and community based partnership activities designed to promote student and staff wellness.

In 2006, the Farmington Area School District Physical Activity and Nutrition Committee (PAN) was established and implemented the District's Wellness Policy. Committee members worked collaboratively and offered multiple perspectives to assure that District educational and budgetary goals were met and fulfilled the requirements of Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265). In 2008, the District Local Wellness Policy Committee was formed to operationally promote and organize health and wellness for students and staff.

The term District in this policy includes all schools and programs sponsored by the Farmington Area Public Schools.

#### **II. STATEMENT OF POLICY**

- A. The District recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and learning.
- B. Parents and staff are strong role models in the support of lifetime healthy food choices. Students look to adults for healthful role modeling. With this in mind, the District recommends that parents and guardians, while visiting during the school lunch period, eat school prepared meals or bring foods that meet nutrition standards as determined by the Institute of Medicine (IOM) Nutrition Standards also adopted by the District.

- C. District staff should model and promote healthy lifestyles and choices and collaborate with community services to promote health and wellness.
- D. All E-12 students need access to healthy foods and opportunities to be physically active on a regular basis in order to grow, learn, thrive and achieve academic success.
- E. The District will encourage following the Institute of Medicine (IOM) Nutritious Standards for Foods in Schools. Vending, ala carte, school snack shop, meals and/or snacks provided to before and after school programs will ordinarily meet the IOM Nutrition Standards.
- F. District and school administrators and program supervisors will encourage the meaning and intent of the District Wellness Policy. The District supports school principals and program supervisors as representatives on the District Wellness Committee.
- G. The District desires students to be healthy, life-long contributing members of society therefore the school environment will promote student emotional and social health by providing safe surroundings for students to grow physically, emotionally and socially.
- H. The District recommends that during celebrations schools encourage the use of non-food related items and healthy food choices as suggested by the IOM Nutrition Standards. The district food guidelines will be followed at all times.
- I. The school and classroom environment will promote and protect student health, wellbeing, and ability to learn by encouraging healthy eating and physical activity in order to reduce childhood obesity, eating disorders, and prevent diet-related chronic diseases.
- J. The District encourages schools and classrooms to use non-food educational options for instructional rewards.
- K. The District promotes global diversity in food, nutrition education, and healthy activity and recreation in the District curriculum in a hands-on learning, and interdisciplinary manner where appropriate.
- L. The District encourages the involvement of students, parents, all staff, school administrators, school health services, and other interested persons in implementing, monitoring, and reviewing District wellness and other related policies.

- M. The District Wellness Committee will prepare, implement, and present wellness goals and implementation plans to the Board of Education on an annual basis.

### III. EVALUATION

- A. The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- B. The Director of Human Resources shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy.

*Legal References:* Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)