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8510 - **WELLNESS**

As required by law, the Governing Board establishes the following wellness policy for the Center as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the Center's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students, healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the Center shall integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

B. With regard to physical activity, the Center shall provide a sequential, comprehensive physical education program for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

Physical Education

1. Physical activity should not be employed as a form of discipline or punishment.

2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

C. With regard to other school-based activities the Center shall provide at least thirty (30) minutes daily for students to eat.

D. Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.

E. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

D. All foods available to students in Educational Service Center programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

E. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

F. Public input on the overall wellness will be solicited every three years through a survey of parents and client districts. Results will be made available to the Governing Board

G. The Board will annually review the Wellness Policy as part of a regular meeting. Client districts, parents and other community stakeholders will be invited to participate in this review as part of the regular agenda.

H. The Superintendent will ensure that the Wellness Plan is being implemented, monitored and modified as needed.

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

The Board designates the building principals as the individual(s) charged with operational responsibility for measuring and evaluating the Center's implementation and progress under this policy.

School level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Center shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the Center are in compliance with the Center policy, the extent to which the Center policy compares to model wellness policies, and the progress made in attaining the goals of the Center Wellness Policy. The assessment shall be made available to the public in the School Center Annual Report to the public and on the School Center's web site.

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42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220