

STUDENT PERSONNEL Series 500

Policy Title: Wellness Policy

Code: 507.9

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district will utilize electronic identification and payment systems.

The school district will develop a local wellness committee. The local wellness committee will monitor the effectiveness of the local wellness policy. The committee will report annually to the board regarding the effectiveness of the following three goal areas:

I. NUTRITION EDUCATION AND PROMOTION GOALS

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity; and,
- includes training for teachers and other staff.

II. PHYSICAL ACTIVITY GOALS

The school district will provide physical education that:

- is for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

The elementary school will provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

III. SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS GOALS

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities such as watching television, and playing computer games;
- provide opportunities for physical activity to be incorporated into other subject lessons (e.g., marching band and show choir dancing); and
- promote participation in extracurricular sports activities.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- offer low-fat and fat-free milk; and,
- ensure that half of the served grains are whole grain.

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- notify parents and students of the availability of the School Breakfast Program; and,
- encourage parents to provide a healthy breakfast for their children.

Foods and beverages offered or sold during the school day or at school-sponsored events outside the school day will meet the nutrition guidelines established by local, state, and federal law.

All foods made available on campus will adhere to food safety and security guidelines established by local, state, and federal law.

PLAN FOR MEASURING IMPLEMENTATION

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- the superintendent will develop a summary report every three years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to each school building in the school district.

Policy review will be repeated every three years to help assess compliance, progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity.

Date of Adoption: 2/28/06

Date of Review: 1/26/09

Date of Revision:

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,