

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

### **Development of Local Wellness Policy**

In accordance with federal law, the District has involved parents, students, representatives of food services, the Board, school administrators, health and physical education teachers, and the public in developing a district-wide wellness policy.

### **Nutrition Guidelines**

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA pertaining to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers, as those regulations and guidance apply to schools. The Superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

### **Nutrition Education and Promotion**

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

1. Students shall receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
2. Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between school nutrition staff and other school personnel.
3. Students shall receive consistent nutrition messages from all aspects of the school program.
4. Nutrition education, as appropriate, shall be integrated into the health education and core curricula (e.g., math, science, language arts) and may include participatory activities such as classroom projects.
5. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, and accurate portion sizes.

6. Nutrition education and promotion will be provided to families via handouts, newsletters, and postings on the school district website.

## **Physical Education**

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

1. Students shall be given opportunities for physical activity through physical education (PE) classes, recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
2. Students shall be given opportunities for physical activity through a range of after school programs including, but not limited to, intramurals, and interscholastic athletics.
3. Attention shall be focused on the knowledge of physical activity behaviors, body composition (BMI) and cardiovascular risk factors in health classes.
4. Employees will be encouraged to complete some type of health/wellness activity during each re-certification period.

## **Other School-Based Activities**

The Superintendent or designee shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:

1. Students will be provided adequate time to eat school meals, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
2. The schools will strive to increase participation in the available federal Child Nutrition programs (e.g. school breakfasts, school lunches).
3. Students shall be encouraged to start each day with a healthy breakfast.
4. Parents/guardians of students shall be encouraged to reinforce and support healthy eating and physical activity.
5. Ice cream may be sold only after lunch period is over at the elementary school or after a student has eaten a lunch at the middle school. Emphasis will be on selling low fat ice cream, yogurt, or real fruit juice popsicles at all schools.

## **Implementation**

The Superintendent or designee shall be responsible for overseeing the

implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the Superintendent or designee. The public shall be made aware of the content of school wellness policies and the schools' progress in meeting wellness goals through various means, including posting such information on the school district's website.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level, or to the school principal at the school level. The Superintendent or designee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. That report shall be provided to the Board and, upon request, to interested parties.