
WELLNESS

The Board recognizes the connection between student wellness, proper nutrition, and physical activity with students' growth, development, and readiness to learn. Furthermore, the Board is committed to providing a learning environment that is supportive of student wellness, nutrition education, and physical activity as part of a positive school environment.

Wellness Committee

In accordance with federal law, the school system has involved various stakeholders in developing a system-wide wellness policy. Anyone interested in serving on the District Wellness Committee (DWC) is invited to do so; more information can be found on the district website. At a minimum, the DWC is comprised of one representative from each school, one or more parent(s) and/or community member(s), student(s), and representative(s) from the school nutrition program. When necessary or possible, schools may develop a School Wellness Committee (SWC) that works in coordination with the DWC at one specific school. After considering input from the necessary stakeholders interested in promotion of overall student health and well being, the Board hereby establishes this policy of student wellness.

Nutrition Guidelines

To the extent practicable and reasonable, all foods and beverages made available on school campuses during the school day shall be consistent with the requirements of the Smart Snacks in Schools nutrition standards. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance pursuant to the Healthy, Hunger-Free Kids Act and National School Lunch Act, as those and other related legislation apply to schools. The Superintendent or his/her designee shall develop procedures for operation of school food services at each school with the objectives of promoting student health and nutrition.

Nutrition Education

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

1. Schools will promote awareness for healthier nutritional choices for students and staff.
2. School nutrition staff shall support good nutrition through menu offerings, point-of-sale information, signage, etc.
3. School nutrition staff will be professionally prepared in the area of nutrition/nutrition education and serve as a resource to classroom teachers.
4. Nutrition information will be shared with students, staff, families and the broader community through appropriate means.
5. Students will receive nutrition information and messages throughout the school that are consistent.
6. Any foods marketed to students at school will meet or exceed Smart Snacks guidelines.

Physical Education

Students in grades K-12 shall have appropriate 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. All students in grades K-5 will be expected to participate in scheduled physical education classes.
2. Physical education classes will provide an environment where students learn and practice developmentally appropriate motor skills and knowledge.
3. Physical education instruction shall include individual activities as well as competitive and non-competitive team sports.
4. Adequate equipment shall be made available for all students to participate in physical education/activity.
5. Students shall participate in periodic health and fitness assessments during appropriate classes.
6. Schools will work with families and the broader community to promote physical activity that is safe and supports healthy life choices.
7. Schools will increase the activity level and opportunities to be active in physical education classes for all students.

Other School-Based Activities

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

1. Posters and other mass media communications will be posted in the school building to promote and encourage physical activity and healthy eating habits.
2. Students will be encouraged to participate in extra-curricular and other after-school physical activity.
3. Schools will provide a safe, clean and hygienic environment.
4. Health education shall provide for instruction in proper cleanliness and hygiene.
5. The school system will provide school nurses to assist in detecting student health problems that may impact learning.

Implementation

The Superintendent or his/her designee shall be responsible for overseeing the implementation of the system wellness policy and shall develop procedures for evaluation to measure the schools' success in meeting the goals set forth herein. In each school, the principal or his/her designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals within the wellness policy. Principals shall report annually to the Superintendent on the school's compliance and progress as required.

School food nutrition staff shall monitor compliance with nutrition guidelines within school food service areas. The School Food Nutrition Director shall report annually to the Superintendent on compliance and progress. The report shall be provided to the Board and made available to all interested parties on the district website.

Date Adopted: 10/4/18

Descriptor Code: **EEE-3**

Measurement

Progress toward the goals listed in the above categories will be measured at each school at least once per school year. Goals will be reviewed and updated as necessary. The district wellness policy will be evaluated and updated for board approval at least once every three (3) years.

LEGAL REF.: Healthy, Hunger-Free Kids Act of 2010; Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.).

Rescinds: **EEE** Adopted: 6-13-06