



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	August, 21, 2017

8510 - **WELLNESS**

PURPOSE

The purpose of this policy is to help to provide a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

- A. The School Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, social/emotional well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The School District encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need to have the option to access healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Biking, walking, and other forms of active transportation promote student and adult well-being by integrating more physical activity into a daily routine and provide active living skills and healthy habits that will last a lifetime. The District supports biking and walking as transportation as long as students and employees can do so safely.
- E. All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and the district will provide clean, safe, and pleasant settings and adequate time for students to eat to the extent possible.
- G. The policy will be monitored periodically by the School Wellness Committee which, if possible, will consist of the school nurse, food service director, physical education teachers, other school employees, Board members, students, and community/parents.
- H. Nutrition/Physical Activity Promotions will be updated on a regular basis and posted on the school website and through school to home communication.
- I. A copy of this Policy will be found on the school website.

GUIDELINES

- A. Foods and Beverages
 - 1. Foods and beverages made available on the school's reimbursable breakfast & lunch programs will be consistent with the current Federal regulations for school meal nutrition standards and Smart Snacks in School Standards.
 - 2. 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 school meals.
 - 3. The School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 - 4. The School District will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
 - 5. The School District will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students have a chance to eat a school meal during such activities.
- B. School Food Service Program/Personnel
 - 1. Food service personnel shall adhere to all Federal, State, and local food safety and sanitation guidelines.
 - 2. The School District shall designate an appropriate person to be responsible for the School District's food service program, whose duties shall include the following of nutrition guidelines and procedures for the selection of foods and beverages made available in the school's reimbursable breakfast & lunch program to ensure food and beverage choices are consistent with current federal regulations for school meal nutrition standards and Smart Snacks in School Standards.
 - 3. As part of the school district's responsibility to operate a food service program, the School District will provide continuing professional development/training for all food service personnel in schools.
- C. Nutrition Education and Promotion
 - 1. The School District will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;

- b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
- 2. The School District will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, (A la carte lines, vending machines, fundraising events, and concession stands) through health education classes and regular classroom instruction.
- 3. The School District will encourage staff to use healthy foods, healthy beverages or other non-food items as rewards and will not withhold food or beverages as punishment (unless this practice is allowed by a student's individual education plan or behavior intervention plan).
- 4. Any foods and beverages marketed or promoted to students on school property during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.

D. Physical Activity

- 1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education and other classroom instruction will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
- 2. Opportunities for physical activity may be incorporated into other subject lessons, where appropriate; and
- 3. Classroom teachers will attempt to provide short physical activity breaks between lessons or classes, as appropriate.
- 4. Every child will have the opportunity to participate in his/her physical education class and will not be held back as a form of classroom make-up time/work.
- 5. The School District will make every effort to include all children in recess unless there is an academic concern that can't be addressed at a more appropriate time or except for disciplinary action as directed by the administration.

E. Communications with Parents

- 1. The School District recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- 2. The School District encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- 3. The School District will provide information about physical education and other school-based physical activity opportunities.

IMPLEMENTATION AND MONITORING

- A. After approval by the School Board, the wellness policy will be implemented throughout the School District.

- B. The Food Service Director will ensure compliance within the reimbursable breakfast & lunch programs to the extent possible.
- C. The School District will assess and update the wellness policy once every three (3) years, following the triennial assessment, and make the updates available to the public.
- D. The Superintendent or designee will monitor compliance with the wellness policy and will provide a report of the School District's compliance with the policy to the School Board as needed.

Local Resources: County Health Departments

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Legal

P.L. 108-265 (2004) § 204 (Local Wellness Policy)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)