

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by fostering healthy eating and physical activity. The District has established a Wellness Committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education.

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District. The District shall provide information including periodic assessments, to the public about the content, effectiveness and implementation of this wellness policy.

Goals to Promote Student Wellness

The Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills will help students make healthy eating and physical activity choices.

- a) Students in grades K-12 receive nutrition and physical education that is interactive and teaches the skills they need to adopt healthy eating behaviors and physical activity choices.
- b) Nutrition education is offered in the school cafeterias as well as in the classroom, with coordination between the food service staff and teachers.
- c) Nutrition is integrated into the health (middle and high school) and family consumer science (middle school) curriculum. In addition, nutrition is integrated into the core curriculum at the elementary level.
- d) Professional development opportunities on nutrition education are made available to all faculty and staff members in the District.

Physical Activity

The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-and long-term benefits of a physically active and healthful lifestyle.

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- a) Students are given opportunities for physical activity in physical education classes and/or other activities throughout the school year.
- b) Students are given opportunities for physical activity through a range of after school programs including, but not limited to intramurals, interscholastic sports and other activity clubs.
- c) Schools will work with the community to encourage students to participate in community based recreational programs.
- d) Schools will encourage parents and guardians to support their children's participation in physical activity both during the school day and outside the school day.

Nutrition Guidelines/Other School Based Activities

- a) The School District will follow the Nutritional Guidelines of the National School Lunch and Breakfast programs.
- b) All food made available on campus will adhere to food safety guidelines.
- c) All food and beverages sold on campus during the school day are consistent with the current dietary guidelines. Food and beverages available during the school day will be offered in modest portion sizes age-appropriate for elementary, middle and high school students, respectively.
- d) If a la carte foods are available, the District shall ensure that all items meet the nutrition standards set in federal regulations for competitive food regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
- e) The School District provides a clean and safe eating environment.
- f) Classroom snacks, and celebrations, and events where food and beverages are provided but not sold, especially in elementary schools, should encourage healthy choices.

Marketing of Food and Beverages

Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items. Marketing includes all advertising and promotions: verbal, written, or graphic, or promotional items.

Policy Administration

The Assistant Superintendent for Support Services is charged with operational responsibility for ensuring that the District meets the Wellness Policy adopted. For further information you may contact the office at (845) 895-7102.