

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The 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 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 District goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The 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 District nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The 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. Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Section 204 of PL 108-265.

Integrating Physical Activity into Classroom Settings

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, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT AND STAFF WELLNESS

Communication with Parents: The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus, and/or offer healthy eating seminars for parents;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.

The District will consult with appropriate leaders in food/exercise and employees when making changes to this policy.

Goals for nutrition education:

The District will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but infused as often as possible into the regular classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes when possible, enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing,
- 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;
- emphasizes the nutritional components of smart snacks and choosing snacks wisely

Goals for physical activity:

- Daily Recess
 - Elementary schools should provide recess for students that:
 - is preferably outdoors;
 - encourages moderate to vigorous physical activity verbally and through the Integrating Physical Activity into Classroom Settings: For students to receive the nationally recommended amount of provision of space and equipment; and,
 - discourages extended periods (i.e., periods of two or more hours) of inactivity.
 - Middle School and High school students are allowed time for rigorous activity following meal service periods:
 - Short break period provides students an opportunity to connect with one another and teachers in a new way, participate in physical activity, and as a result, students feel more productive and more connected to the school community
- ✓ Physical Education
 - The 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.

Goals for other school-based activities that are designed to promote student wellness:

- ✓ When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- Integrating Physical Activity into Classroom Settings: 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 District will:
 - discourage sedentary activities, such as watching television, playing computer games, etc.;
 - encourage classroom teachers to provide short physical activity breaks between lessons or classes as appropriate;
 - provide opportunities for physical activity to be incorporated into other subject lessons.
- School Meals
 - 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;
 - Sharing of Foods: The District discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

The board will monitor and evaluate this policy by:

Monitoring: The superintendent will ensure compliance with established District-wide nutrition and physical activity wellness policies.

- Policy Review
 - Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. A report will be made periodically to the board and community regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, schools will be evaluated individually with reports prepared by each school and the District as a whole. The report will include which schools are in compliance with this policy, the extent to which this policy compares to model Wellness policies and describe the progress made in achieving the goals of this policy.

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.,

Cross Reference: Student Activity Program
School Food Services

Approved: April 2017

Reviewed: March 2017

Revised: March 2017