

DISTRICT WELLNESS PROGRAM

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school 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, each school contributes to the basic health status of students. Improved health optimizes student performance potential.

The school 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 school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

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 meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will develop a local wellness committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. This committee shall meet twice a year and develop a plan to implement and annually assess the effectiveness of this policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Wellness Goals

I. Nutrition Education and Promotion

Schools 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 units of instruction, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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 energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

II. Physical Activity

Schools should provide physical education classes and experiences that:

- is scheduled for a duration and frequency that promotes improved student fitness.
- 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, special health-care needs and in alternative educational settings;
- will not allow substitution for meeting the physical education requirement by student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports, band, choir, etc.); and
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Elementary schools should provide recess for students that:

- is at least 15 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and
- discourages extended periods (i.e. periods of two or more hours) of inactivity.

After school physical activities should be offered at the elementary, middle, and high school levels that meet the needs, interests, and abilities of all students.

III. Other School-Based Wellness Activities

Integrating Physical Activity Into Classroom Settings

Students need opportunities for physical activity beyond physical education class.

Toward this end, schools will:

- offer 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, video and computer games
- 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.

Communication With Parents

The district/school will support parents' efforts to provide a healthy diet and daily Physical activity for their children. The district/school will:

- offer healthy eating seminars for parents, send home nutrition information, Post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from Including beverages and foods that do not meet nutrition standards for individual foods and beverages;
- provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Food Marketing

School-based marketing will be consistent with nutrition education and health promotion. Schools will:

- limit food and beverage marketing to the promotion of foods and beverages That meet the nutrition standards for meals or for foods and beverages sold individually;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

Staff Wellness

The district shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness through a wellness committee.

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity shall be available at the district level and at each school building.

The board will monitor and evaluate this policy through the superintendent or his/her designee to ensure compliance with this policy. A written summary report will be developed every year based upon this policy and district standards. This report will be included in the district's annual report.

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