

STUDENT WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, the Board Of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness and reduces childhood obesity.

I. Food and Beverages Available in School

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutrition food choices for a lifetime, the district shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at district schools following state and federal nutrition guidelines.

School Meals

1. Promote fresh fruits, vegetables, salads, whole grains and low fat items.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.

Meal Scheduling

1. Provide adequate time to eat.
2. Schedule lunchtime between normal lunch hours (11 a.m.-1:15 p.m.)

Foods and Beverages Sold Individually (ala carte and vending)

1. Encourage items that promote good health.
2. Ensure vendors will comply with the district's objectives.

Fund Raising Activities

1. Promote healthy food items or non-food items to sell, or activities (physical or otherwise) to do.

Celebrations

1. Set guidelines for the frequency and content of classroom and school-wide celebrations where food is served.

II. Physical Activity

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families, and community are encouraged to participate in and model physical activity as a valuable part of daily life.

STUDENT WELLNESS, Con't.**Physical Education**

1. Students shall engage in physical activity for at least the minimum number of hours per week under State requirements.
2. The district shall promote, teach and provide opportunities to practice physical activities that students enjoy and can pursue throughout their lives

Recess

1. The district shall maintain daily allotment of recess time for elementary schools.
2. Whenever possible, recess shall not be used for punishment or reward.
3. Principals shall prioritize scheduling recess before lunch.

Physical Activity in the Classroom

1. The district shall promote the integration of physical activity in the classroom.

Extracurricular Opportunities for Physical Activity

1. The district shall promote clubs and activities that meet the various physical activity needs, interests and abilities of all students.

III. Nutrition Education

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

1. The district shall include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
2. The district shall include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
3. The district shall promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and health enhancing nutrition practices;
4. Curriculum shall emphasize caloric balance between food intake and energy expenditure;
5. Curriculum shall teach media literacy with an emphasis on food marketing.

IV. Other School-Based Activities

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach (PTA Open House), employee health and wellness, limiting the use of food as a reward, and food marketing and advertising in school.

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The Board shall designate one person as District Wellness Coordinator to be responsible for ensuring that the provisions of this policy are carried out throughout the district. The Board may also designate one person in each building to ensure that the wellness activities and actions are being implemented at the building level.

The District Wellness Coordinator shall report annually to the Board on the implementation of this policy. Annually, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine whether this policy is having a positive effect on increasing student wellness and decreasing childhood obesity in the district. Based on those results, this policy, and the specific objectives set to meet its goals, will be revised as needed.

The district shall monitor and review the implementation and effectiveness of this policy by conducting some or all of the following when deemed necessary:

1. informal surveys of Building Principals, classroom staff, and school health personnel to see the progress of wellness activities and their effects.
2. -checks of the nutritional content of food offered in the cafeterias for meals and a la carte items, and sales or consumption figures for such foods.
3. checks of the nutritional content of food available in vending machines, fundraising activities, classroom and school-wide celebrations.
4. checks of the amount of time students spend in Physical Education classes and the nature of those activities.
5. checks of extracurricular activities of a physical nature, ~~in~~ the number of offerings and rates of participation by students.
6. checks of student mastery of the nutrition education curriculum.
7. completion of relevant portions of the CDC (Center for Disease Control) School Health Index.
8. review of data currently collected by the district, including:
 - a. attendance data, particularly absences due to illness;
 - b. test scores;
 - c. rates of suspension, discipline, and violent incidents;
 - d. height and weight of students from health examinations, used to calculate Body Mass Index (BMI) as plotted on percentile charts (BMI scores shall be used only to aid in assessing overall student body health and for referring students at risk for malnutrition and obesity); and,
 - e. revenues generated from vending machines and a la carte food items.
9. surveys of student/parent opinions of cafeteria offerings and wellness efforts.

This policy shall be reviewed by the Board of Education annually.

Adopted: January 3, 2007

Reaffirm: July 1, 2009

Reaffirm: July 1, 2010

Reaffirm: July 6, 2011

CORNING-PAINTED POST AREA SCHOOL DISTRICT