

## STUDENT WELLNESS

Given the documented connection among 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. Nutritional Quality of Food and Beverages Available in School**

The Board recognizes that a nutritious, well-balanced, and 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 during the school day 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 set by 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 requirements.

#### **School Meals**

1. Offer and 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 recommended State guideline times

#### **Foods and Beverages Sold Individually (e.g., a la carte and vending)**

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

#### **Fundraising Activities**

1. Promote healthy food items or non-food items to sell.
2. Encourage fundraising activities that promote physical activity.

#### **Celebrations**

1. Limit celebrations that involve food during the school day to no more than one party per class per month.

### **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.

**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 not only as part of 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, and 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 (physical activity/exercise);
5. Curriculum shall teach media literacy with an emphasis on food marketing.

**IV. Nutrition Promotion**

The District will promote student wellness by raising the value students place on good health and nutrition and identifying the benefits of adopting healthy eating patterns. In addition, the District will help students develop practical skills for and self-confidence in planning meals, preparing foods, reading food labels, and making healthy food choices.

**STUDENT WELLNESS, Con't.****V. 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.

The Superintendent shall report annually to the Board on the implementation of this policy. Annually, the Superintendent, in consultation with parents, students, representatives of the school food authority, the Board, school administrators, the public, physical education teachers, and school health professionals, 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 effect.
2. checks of the nutritional content of food offered in the cafeterias for meals and à 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, and 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, 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 à la carte food items.

**STUDENT WELLNESS, Con't.**

9. surveys of student/parent opinions of cafeteria offerings and wellness efforts.

The District will inform and update the public (including parents, students, and others in the community) about the content and implementation of this policy.

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

Ref: 42 U.S.C. § 1758b, Public Law 111-296, Section 204 of the Healthy, Hunger-Free Kids Act of 2010

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