

## WELLNESS AND NUTRITION

1. Philosophy: The board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.
2. The program shall involve parents, students, representatives of the school food authority, the school board, administrators, and the public in the development of the school wellness policy. The Superintendent or designee shall measure the compliance with this policy and related policies.
3. Nutrition: Academic performance and quality of life issues are affected by the choice and the availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.
  - a. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
  - b. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
  - c. Ala carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents, and staff.
  - d. Vending Machines:

Guidelines will meet or exceed the requirements of federal and state law and regulatory authorities. No food will be made available to students on premises during the time of one half hour prior to serving breakfast or lunch and one half hour after serving breakfast or lunch.
  - e. Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
4. Health Education and Life Skills: Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to

understand and practice concepts and skills related to health promotion and disease prevention.

- a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
  - b. Students shall have access to valid and useful health information and health promotion products and services.
  - c. Students shall have to opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
  - d. Students shall be taught communication, goal setting, and decision making skills that enhance personal, family, and community health.
5. Physical Education and Activity: Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.
- a. Physical Education Program: The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
  - b. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
  - c. Students shall be provided varied opportunities for enjoyment; challenge, self-expression, and social interaction that will lead to a physically active lifestyle.
6. Sleep: Students will learn about the importance of getting the required amount of sleep or rest.

The policy and various healthful activities will be reviewed annually.  
This policy will be available on the website in our policy manual.

Legal Reference:                      Sect. 204 of the Child Nutrition and WIC Reauthorization Act (P.L. 108-265)

Adopted- 5/18

Reviewed-

Revised-