

<h1>POLICY</h1>	2008	7607
	Students	

Subject: District Wellness Policy

The District is committed to providing a school environment that promotes and protects children’s health, well-being, and the ability to learn by fostering healthy eating and physical activity. In order to accomplish this goal, the District has established wellness committees with representatives from each of the following groups:

- a. Parents;
- b. Students;
- c. The District’s food service program;
- d. The School Board;
- e. School administrators; and
- f. Members of the public.

Goals to Promote Student Wellness

The Wellness Committees recommend the following District goals relating to nutrition education and physical activity:

1) Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being.

2) Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Nutrition Guidelines

The District Wellness Committees recommend the following nutrition standards. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

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Nutritional Values of Foods and Beverages

Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program. http://www.access.gpo.gov/nara/cfr/waisidx_05-7cfr210_05.html

Other Food Outlets

Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be limited by the Building Wellness Committees to meet the standards set by this policy.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District’s wellness policy has been established by July 1, 2006; and the District will post this policy on its website. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District’s wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The District has established an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent designates the Committees established at each school to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

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- a. Administrators;
- b. Teacher
- c. School health personnel including the school nurse and the health and/or physical education teacher; and
- d. School Food Service Director.

These Committees will conduct the School Health Index at least every three years to set goals. These Committees shall also annually report to the Superintendent on the District's compliance with the wellness policy and the Superintendent will present a summary report to the Board of Education at a public meeting annually.

The Building Wellness Committees will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities. District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

Child Nutrition and WIC Reauthorization Act of 2004, Public Law Section 108-265 Section 204

Richard B. Russell National School Lunch Act, 42 UCS Section 1751 et seq.

Child Nutrition Act of 1966, 42 USC Section 1771 et seq.

7 Code of Federal Regulations (CFR) Section 210.10

Approved: Board of Education
July 12, 2006

Approved: Board of Education
March 26, 2008