

WELLNESS POLICY

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, schools contribute 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. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. 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; promote the availability of meals to all students.

The school district will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, the school board, school administrators, and the public, physical education teachers, and school health professionals. The local wellness policy committee will develop a plan to implement the local wellness policy requirements and periodically review and update the policy and measure the local wellness policy and monitor the effectiveness of the policy.

Specific Wellness Goals will be developed in the following areas and will be included in Appendix A-C:

- specific goals for nutrition education and promotion (Appendix A)
- physical activity (Appendix B)
- other school-based activities that are designed to promote student wellness (Appendix C)

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the school district.

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The superintendent will monitor and evaluate the policy and implementation of this policy. An annual progress report to the board will be provided.

Approved: June 20, 2006

Revised: May 9, 2011

Revised: October 23, 2012

Revised: March 7, 2016

Reviewed: May 8, 2017