

SUBJECT: WELLNESS

It is the policy of the Board of Education, pursuant to the National School Lunch Act and the Child Nutrition Act of 1966, and in accordance with The Child Nutrition and WIC Reauthorization Act of Nutrition Act of 2004 (Public Law 108 265) that:

- a) Nutrition education shall be integrated into the district health curriculum at all academic levels consistent with the State's health education standards. The curriculum shall include the following goals:
 1. Increase students' nutritional knowledge including, but not limited to, the benefits of healthy eating; essential nutrition, weight management, safe food preparation, handling and storage.
 2. Increase students' understanding of food labels, nutritional information and misinformation as well as commercial food advertising.
- b) The benefits of physical activity shall be integrated into the district physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:
 1. Time in the elementary school day for supervised recess. Teachers and other school personnel will be encouraged not to withhold opportunities for physical activity (including recess).
 2. Opportunities and encouragement for students to voluntarily participate in the after school physical activity programs.
- c) The district shall provide food to students in accordance with State and Federal nutritional guidelines and include:
 1. A food service program that employs skilled and trained staff who serve appealing choices of nutritious food.

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2. Opportunities for staff to model healthy eating habits.
 3. A clean, safe, enjoyable meal environment for students.
 4. The school district will require that healthy alternatives be in vending machines during the school day.
 5. Beverages sold during the school day will not include carbonated beverages.
 6. The district will make recommendations regarding special occasions celebrated in the classrooms and provide a listing of preferred snacks and treats along with rationale.
 7. The district will encourage reward incentives be non-food items. If food items are used, they will be limited to the "Choose Sensibly" guidelines.
- d) The school district guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C 1779) and section 9 (f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1), 1766 (a) 0), as applied to school.
- e) The district will encourage parents' efforts to provide a healthy diet and exercise for their children by sending home nutrition information, posting links on the district website, and providing parents with a listing of the district's snack standards for healthy celebrations/parties (part of the "Choose Sensibly" guidelines).

The district highly values staff wellness and will create opportunities to promote activities to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

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- f) A plan for measuring implementation of this policy shall be created and monitored by the Superintendent or designee and the Board further designates the responsibility of ensuring the school district meets the criteria of this policy to the Superintendent. The plan shall include the following:
1. Methods of reporting on program implementation shall include a written annual review submitted to the superintendent, wellness committee and Board of Education.
 2. Methods for collection and evaluation of results of this implementation program will include surveys to staff, students and community.
 3. Strategies for identifying weak areas of the program and improving those areas.
 4. Means for ensuring various components of the program are integrated within the basic operation of the district and are designed to reinforce one another and present consistent messages for personal health and wellness.
- g) The Local Wellness Policy and Procedures shall be developed and revised in conjunction with parents, students, representatives of the school food authority, representatives of the school administration, a local health professional and members of the public.

Adopted: June 26, 2006