

WELLNESS POLICY

It is the policy of the Board of Education, pursuant to the National School Lunch Act and the Child Nutrition Act of 1966, 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) Physical activity shall be integrated into the district physical education curriculum and health curriculum at all levels. Additional opportunities for physical activity shall be incorporated within the school on a regular basis. Some examples include:
 1. Time in the elementary school day for supervised recess.
 2. Opportunities and encouragement for students to voluntarily participate in the before and after school physical activity programs.
 3. Motor breaks between learning segments/classes.
- c) The District shall provide/sell food and beverages to students in accordance with State and Federal nutritional guidelines and include:
 1. A food service program that employs well prepared staff to serve appealing choices of nutritious food.
 2. Opportunities for staff to model healthy eating habits.
 3. A clean, safe, enjoyable meal environment for students.
- d) The District shall not advertise food and beverages that do not meet the Smart Snacks in School nutrition standards.

- e) The District recommends that parents/caregivers provide snacks that meet State and Federal nutritional guidelines for special events such as classroom parties.
- f) 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.
- g) Sun Safety: The District recognizes that the sun's ultraviolet (UV) radiation can cause sun burn, eye damage and skin cancer. To help prevent skin cancer and other forms of sun damage, the District will support sun safety behaviors in students; create environmental supports to avoid overexposure to the sun when students are outdoors; and provide key sun safety education; and communicate this policy and the District's sun safety goals to students and families. Students will be encouraged to wear clothing that promotes sun safety, including long sleeve shirts, hats, and UV sunglasses. Students can carry and use topical, over-the-counter sunscreen products approved by the US Food and Drug Administration and provided by the parents/guardians with the written permission of the parent or guardian of the student. An annually updated record of this permission must be maintained by the school. Students will be allowed time and encouraged to apply sunscreen and lip balm before going outside at school. School administrators, buildings and grounds personnel, and other District employees will consider and prioritize the availability of shade when planning outdoor activities. Providing ample shade shall be considered when planning construction/remodeling projects on site.
- h) Implementation of this policy will be 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. In order to ensure the goals of the policy are met, an annual wellness plan shall be created and will include the following:
 - 1. Identification of a periodic reporting mechanism regarding program implementation;
 - 2. Methods for collection and evaluation of results of the program;
 - 3. Strategies for identifying program Strengths and Weaknesses
 - 4. Action steps to increase wellness opportunities for both staff and students.

- i) Local Wellness Procedures shall be developed as needed through collaboration with parents, students, representatives of the school food authority, representatives of the school administration, teachers of physical education, school health professionals, and board of education members.

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication on the District 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.

Utilizing the Wellness Committee, the District shall establish 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 shall designate one or more staff members within the District or at each school as appropriate 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:

- a) Building Administrators;
- b) School health personnel including;
 - School Nurses
 - Health Education Teacher
 - Director of Physical Education
 - Physical Education Teachers
 - Teacher of Family Consumer Science;
- c) Food Service Manager.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

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