



Book	District Rules and Regulations
Section	4000 - PERSONNEL
Title	Wellness
Code	4075
Status	Active
Adopted	August 14, 2006
Last Revised	August 8, 2022

## 1. INTRODUCTION

The Board of Directors supports increased emphasis on wellness at all grade levels to enhance the wellbeing of our District's youth. The Board of Directors recognizes that children who are physically active and eat well-balanced meals and nutritious foods are more likely to be healthy and engaged in learning. To assist with encouraging and enabling students to develop and embrace life-long healthy lifestyles, the Board of Directors will adopt wellness policies, procedures and curriculums that emphasize education and the modeling of good eating and exercise habits.

Therefore, it is the policy of the Board of Directors to:

- A. Provide each student access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise;
- C. Provide students, staff and parents accurate information related to these topics.

The wellness policies, procedures and curriculums adopted by the Board will be consistent with state and federal guidelines and federal programs, including the National School Lunch Program and the School Breakfast Program.

The Superintendent or designee(s) shall develop and implement a comprehensive District-wide nutrition program supportive of the stated policies, guidelines and programs. The District's curriculum on health and fitness will provide opportunities for developmentally appropriate instruction for grades K-12. Opportunities for input into the curriculum will be encouraged from various stakeholders, including: school board members, administrators, physical education faculty, school/district health professionals, nutrition services professionals, staff, students, parents, community members and public health professionals.

## 2. NUTRITION FOOD CHOICES AND NUTRITION STANDARDS

### A. Nutritious Food Choices

The District shall encourage students to make nutritious food choices. The Superintendent or designee(s) shall ensure that:

- (1) A variety of healthy food choices are available whenever food is sold or served on District property or at District-sponsored events;
- (2) The sale or serving of foods or snacks within the schools that are high in fat, sodium or added sugars comply with state and federal regulations;
- (3) Nutritious meals served by the school food service program comply with state and federal regulations.

## **B. Nutrition Standards: Breakfast and Lunch Programs**

The District supports the philosophy of the National School Lunch, School Breakfast and Summer Food Service programs. The District shall operate these programs providing wholesome meals which conform to the nutritional standards as required by USDA Child Nutrition Programs.

## **C. Nutrition Standards: Promotion and Marketing of Foods and Beverages Sold in Schools**

- (1)** The District promotes healthy food choices within its schools by utilizing Smarter Lunchroom techniques; sharing nutrient information with students, staff and parents; providing opportunities to taste test and evaluate food products; and encouraging staff members to be role-models.
- (2)** Only foods and beverages meeting the Smart Snack Standards will be advertised and marketed.
- (3)** The District supports the USDA "Smart Snacks in Schools" initiative. Smart Snacks in Schools nutrition standards apply to foods and beverages sold in schools during the school day, outside of the School Breakfast Program and National School Lunch Program, and includes à la carte lines, vending machines, school stores and other food and beverage sales not otherwise exempted.

## **3. CONCESSIONS**

After-school concessions are exempt from the stated guidelines and nutritional standards.

## **4. CLASSROOM PARTIES AND SCHOOL CELEBRATIONS**

The District will encourage healthy snacks and beverage items during classroom parties and school celebrations by distributing information about healthy snacks and beverages in a variety of formats to students, parents, teachers and other staff members.

## **5. FUNDRAISERS**

Fundraisers held in schools during the school day will comply with USDA Smart Snacks in Schools standards with the following exceptions:

- A.** School sites will be allowed up to ten (10) exempt fundraisers per year. Each exempt fundraiser is limited to four (4) consecutive days of duration.
- B.** Smart Snacks in Schools standards would not apply to fundraisers occurring during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed outside of school (cookie dough, raw pizza kits, etc.)

No exempt fundraiser foods or beverages will be sold in competition with school meals in the food service area during the meal service.

## **6. FOOD USED AS A REWARD**

Educators are discouraged from using foods and beverages with low nutritional value as rewards.

## **7. HEALTH AND FITNESS CURRICULUM**

- A.** The District shall adopt a comprehensive health and fitness curriculum. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.
- B.** All students in grades one through six are required to complete an average of sixty instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school (9-12) students are required to complete three credits of physical education and one credit of health to meet District graduation requirements. The District encourages the secondary schools to offer a variety of elective health and fitness classes.
- C.** The common student areas will display regularly updated nutrition and health posters and signage to educate students on nutrition concepts.

## **8. OTHER SCHOOL BASED WELLNESS ACTIVITIES**

- A.** The District recognizes that wellness and prevention are important health considerations and improve employee productivity. Therefore, the District supports an employee health and wellness program that encourages its employees to become more involved in managing their health and to be healthy role models.
- B.** The District encourages student health programs and supports walking and activity clubs, after school programs and access to school facilities.

**9. ASSESSMENT TO INCLUDE POLICY EFFECTIVENESS**

The District recognizes that growth or improvement must be tied to some form of assessment that is dynamic enough for analysis and decision-making. Toward achievement of this end, the Board of Directors directs the Superintendent or designee to create and administer assessment tools which provide data at least on a triennial basis that can be used for decision-making and planning. The assessment process should provide school, group and individual assessment data. The assessment process should incorporate aspects identified in the body of this policy and be available for ongoing implementation.