

## 533 - WELLNESS

### I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

### II. GENERAL STATEMENT OF POLICY

- A. The governing board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The education district encourages the involvement of students, parents, teachers, food service providers, and other interested persons in implementing, monitoring, and reviewing education district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### III. GUIDELINES

- A. Foods and Beverages
  - 1. Food and beverage selections shall be made available at school that are consistent with the current USDA Dietary Guidelines for Americans.
  - 2. Food service providers will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
  - 3. Food service providers shall adhere to all federal, state, and local food safety and security guidelines.
  - 4. The education 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 school meals.
  - 5. The education district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

6. The education district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. The education district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. Food Service Program/Providers

1. The education district will contract with food service providers who will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The food service provider will be responsible for the education district's food service program. Duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at school to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

C. Nutrition Education and Promotion

1. The education district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and may include participatory activities, such as contests, promotions, taste testing, and field trips.
2. The education district shall encourage all students to make age appropriate, healthy selections of foods and beverages.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education shall reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and

E. Communications with Parents

1. The education district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The education district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The education district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The education district will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

**IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, the wellness policy will be implemented throughout the education district.
- B. Food service providers, at school sites, will ensure compliance within the school's food service areas and will report to the program coordinator, or the director's designee, as appropriate.
- C. The school district's food service director will provide an annual report to the director setting forth the nutrition guidelines and procedures for selection of foods made available as part of the food service program.
- D. The director will ensure compliance with the wellness policy.