

007. STUDENTS

007.4 Student Welfare

007.43 Wellness Policy

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.

I. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that the school environment should promote and protect students' health and well-being.
- B. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- C. Children need access to healthy foods and opportunities to be physically active.
- D. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- E. 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.

II. GUIDELINES

A. Foods and Beverages

- A.** All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
- B.** Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
- C.** Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

- D.** The school district will make every effort to prevent the identification of students who are eligible for free and reduced-price school meals.
- E.** The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- F.** The school district administrator will examine the daily schedule on a regular basis to ensure that adequate time is provided for student to eat healthy meals.
- G.** The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

- A.** The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
- B.** The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
- C.** As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

- A.** The school 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; and
 - b.** part of health education classes as well as other subjects where appropriate.
- B.** The school district will encourage all students to make age

appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.

- C. Students will have regularly scheduled opportunities for physical activity provided through a comprehensive physical education program in the K-12 curriculum, through competitive and intramural sports programs, through supervised recess, and through after-school activity programs.

D. Physical Activity

- A. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
- B. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

III. IMPLEMENTATION AND MONITORING

- A.** School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
- B.** The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- C.** The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.
- D.** The school district will post this wellness policy on its website.

First Reading: December 2013

Adopted: May 19, 2014

