

WELLNESS POLICY

Introduction

The ultimate goal of the district is to improve nutrition, increase physical activity, and reduce sedentary behaviors of students and staff. Factors such as budget, time, curriculum, and staffing may impact implementation decisions and will be addressed.

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity. The Healthy, Hunger-Free Kids Act of 2010 expands the scope of wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies (Section 204).

The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the physical activity and nutritional environment in each school.

A District Wellness Committee which includes specific stakeholders in the community will be charged with providing periodic input for developing, implementing, assessing, and reviewing the school district wellness policy. The district will designate one or more school officials to ensure that each school complies with the local wellness policy and will periodically measure and make available to the public information about the content, implementation, and assessment of the elements of the local wellness policy. Each school building will create a School Wellness Committee to implement the Local Wellness Policy developed by the district and provide feedback to the district regarding its progress once every three years.

For each of the following components, please note procedure AE-R Wellness Procedure.

Nutrition Education and Nutrition Promotion

Nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to enhance their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to positively influence students' eating behaviors and food choices. Nutrition promotion and education will be offered to parents, staff, and community.

Physical Activity, Education, and Promotion

Physical education will be offered at the elementary, middle, and high school levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills needed for lifelong participation in a broad range of activities. Students will learn the short and long-term benefits of an active and healthy lifestyle to maintain fitness through regular participation in physical activity.

Other School-Based Activities

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life long habits for students, staff, and community.

Nutrition Standards

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy, lean meat, whole grain rich products, and water will be available wherever and whenever food is sold or otherwise offered at school.

Measurement and Assessment

The superintendent will designate one or more district officials to assess and document the implementation of the local wellness policy every three years.

Cross References: AE-R Wellness Procedure

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