

8510 - HEALTH AND WELL-BEING

The School District recognizes that students and staff who practice wellness increase the potential for a positive learning environment. The District therefore supports good nutrition and regular physical activity as part of the total learning environment.

It is acknowledged by the Board of Education that the primary responsibility for proper nutrition, wellness and regular physical activity belongs with each individual and his-her parents/ guardians. As such, this policy will address wellness in two (2) primary areas: (1) education for individual responsibility for self wellness and (2) providing a healthy environment through modeling and supporting nutritional meals/ food while at school. It is believed that the schools primary role is to help individuals develop personal responsibility for their wellness and personal well-being. This will be done by developing Role Models, Health Education, Physical Education, Family and Consumer Science Education, Interscholastic Athletics, Family Activity Opportunities, Guidance and Counseling Programs all of which will be accompanied by a quality school lunch program that will meet the guidelines as established by the USDA Food and Nutrition Program. However, Board members realize that serving lunch and breakfast is a small part of a student's wellness. The District cannot promote wellness by just providing a nutritious meal; the District must provide the educational background for healthy lifestyles.

- A. Providing students with a comprehensive learning environment for development of lifelong wellness behaviors.
 1. **Curriculum:** The Board will support the development of curriculum that will provide students with the opportunity to develop the knowledge, attitudes, skills and behavior for life-long healthy eating/exercising habits. This will be done as part of the District's Health, Science, Physical Education and Guidance Curriculums.
 2. **Physical Activities:** The Board will support physical activities that contribute to the overall wellness of the student body. In addition to providing a comprehensive Physical Education activity based curriculum, the Board will support extra-curricular and family based activity opportunities. The physical activities will teach students the importance of physical exercise and will expose students to a wide range of physical activities to develop the knowledge and skills for lifelong physical activity. During the Physical Education curriculum review process, health and wellness goals will be integrated and performances measured.
- B. **Providing students with a healthy environment while at school.** While it is acknowledged that school meals/food are a very small part of the students overall diet, providing students with nutritional meals and modeling appropriate dietary consumptions will provide long-term benefits. During the school day school sponsored food shall meet guidelines established by the USDA, District controls as well as USDA Food Service Audits will be utilized to evaluate the progress of:
 1. **School Breakfasts and Lunches:** The food service department will promote healthy meals and will conduct a nutrient analysis of the menus. During State agency reviews, a check will be made to ensure that the analysis is being done accurately. The District's goal is to provide 100% of all students with a nutritionally balanced meal every day for lunch and breakfast, while also providing students adequate time to eat within a comfortable setting. Students may participate in the School Breakfast and Lunch Program or bring food from home.
 2. **Vending Machines:** Vending machines at the middle school and high school shall be limited during the instructional school day. Instructional school day hours are defined as 7:45 – 3:30. Milk, water, flavored water and 100% fruit juices may be available both for vending and non-vending sales during the school day.

3. **Classroom Incentives:** Teachers are encouraged to consider non-food items as a student incentive. Should a teacher feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.
4. **Fundraising:** All fundraising projects are encouraged to follow the District Nutrition Standards. All fundraising projects for sale will comply with the guidelines established/defined under instructional school day hours. Items being sold that do not meet the districts nutrition standards may be acceptable when offered on an intermittent basis. All food and non-food fundraising must be approved through the building principals.
5. **Staff Modeling:** Staff will accept responsibility to model healthy life styles. Staff will be encouraged to provide healthy snacks in lounges, at workshops, and throughout the school day, items that do not meet the districts nutrition standards may be acceptable when offered on an intermittent basis.
6. **Parent to School Incentives:** Parents will be encouraged, but not required, to follow the districts nutrition standards policy when bringing in food items for their child's classroom. Administration will provide parents with a list of healthy choice treats/alternatives via parent-teacher meetings and newsletters.

Wellness Committee

With the purpose of monitoring the implementation of this policy, evaluating effectiveness, serving as a resource to other schools and parents and revising the policy as needed it is suggested that the Wellness Committee be maintained. The committee should meet annually and include, but not be limited to, the following members:

- A. District Food Service Director
- B. parent/parents
- C. student representative
- D. Physical Education staff member
- E. administrative representative

Districts Nutrition Standard Policy

- A. No more than thirty percent (30%) of a student's total calorie intake, over a course of five (5) days, will be derived from fat.
- B. Less than ten percent (10%) of a student's total calorie intake will be from saturated fat.
- C. Food items will contain no more than one-third (1/3) of its weight from added sugar, with the exception made periodically for a traditional meal treat.