

## WELLNESS

Given the documented connection between proper nutrition, adequate physical activity and educational success, The Board of Education adopts the following goals and actions to provide district students with a school environment that promotes student health and wellness.

### A. Food and Beverages Available at School:

To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverage available at school promote good nutrition, balance and reasonable portion size. The District will create an environment that supports healthy eating habits by improving the nutritional quality of all foods and beverages served to District students – in the cafeteria and vending machines, at school-sponsored events, as part of fundraising activities, as classroom rewards, at school celebrations, and as in-class snacks – by taking the following actions:

1. Promoting whole foods: fresh fruits, vegetables, salads, whole grain and low fat items, using locally grown and/or organic products to the extent practicable;
2. Discouraging items that are high in sugar, fat and that are highly processed;
3. Striving to eliminate high fructose corn syrup, trans fats and artificial additives;
4. Setting guidelines for the frequency and content of classroom and school-wide celebrations where food is served;
5. Promoting healthy food items, non-food items to sell or activities to do for fund raising;
6. Eliminating foods of low nutritional value in vending machines and replacing them with more nutritious foods in single serving packaging.
7. Ensuring that beverages offered during school hours should not contain added sugars or artificial sweeteners.

School related events held outside of the school day should be evaluated separately, but are encouraged to follow the guidelines, though exceptions may be made.

**B. Physical Activity:**

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities and to regularly participate in physical activity. In addition, staff, families and community are encouraged to participate in and model physical activity as a valuable part of daily life. The District will create an environment which supports physical activity by:

1. Providing a diverse and engaging physical education program to all grade levels;
2. Promoting, teaching and providing opportunities to practice physical activities that students enjoy and can pursue throughout their lives;
3. Maintaining the daily allotment of recess time for elementary school students and not restricting recess time as a punishment;
4. Promoting the integration of physical activity in the classroom where practicable;
5. Offering and promoting extracurricular opportunities that meet the various physical activity needs, interests and abilities of all students.

**C. Nutrition Education:**

The Board believes that nutrition education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum by:

1. Creating an interdisciplinary approach to nutrition education by including it as part of not only the health education classes but also incorporating it into classroom instruction in other subjects across all grade levels;
2. Including enjoyable, developmentally appropriate, culturally relevant, participatory activities such as farm visits, promotions, taste testing and school gardens;
3. Teaching media literacy with the inclusion of information on food marketing

**D. Implementation and Evaluation:**

The Superintendent of Schools or other designee is authorized to (i) develop procedures to implement this policy, (ii) designate the District Wellness Coordinator, (iii) oversee the bi-annual evaluation to assess the effects of this policy, and (iv) report the results of said evaluations to the Board of Education. Further development and implementation on an individual school basis of this policy shall be guided by the Planning Councils at each school. Items for consideration by the Planning Councils may include:

1. Nutritional quality of foods and beverages served and sold in school;
2. Specific guidelines on frequency and nutritional content of foods available as part of classroom and school wide celebrations and fund raising venues;

3. Nutrition and physical activity promotion and food marketing, including family and community involvement and staff wellness;
4. Physical activity opportunities and physical education; and
5. Other school-based activities designed to promote student wellness.

Ref: P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)  
42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)  
42 USC §1779 (Child Nutrition Act)  
7 CFR §210.10; 210.11 (National School Lunch Program participation requirements – standards for lunches, snacks, and competitive foods)  
7 CFR §220.8 (School Breakfast Program participation requirements – nutrition standards)

Adoption date:

***FOR ADMINISTRATION AND BOARD REVIEW 2-18-11***