

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS The District shall support the general wellness of all students, at all campuses by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity through nutrition education, physical activity, and other school-based activities.

DEVELOPMENT OF GUIDELINES AND GOALS The local health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public. [See BDF for required membership of the SHAC]

WELLNESS PLAN The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at the minimum, address:

Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;

1. Objectives, benchmarks, and activities for implementing the wellness goals;
2. Methods for measuring implementation of the wellness goals;
3. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
4. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD The District shall ensure that nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fund-raising activities as authorized by state and federal rules. [See CO and FJ]

In addition to legal requirements, the District shall encourage healthy food and beverage options be included at concessions at school-related events outside of the school day.

NUTRITION
GUIDELINES: FOODS
AND BEVERAGES
PROVIDED

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's Wellness Plan.

WELLNESS GOALS
NUTRITION
EDUCATION/
PROMOTION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAA] The District's nutrition program activities shall encourage participation in the National School Lunch Program, the School Breakfast Program and any other supplemental food and nutrition programs offered by the District. The District shall also use health course curriculum that emphasizes the importance of proper nutrition. [See EHAA]

The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

The District establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a District wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. Professional development will be provided so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.
4. The food service staff, teachers (health and physical education), and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

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PHYSICAL ACTIVITY The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

The District establishes the following goals for physical activity:

1. The District will provide an environment that fosters safe, enjoyable and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall make appropriate before school and after-school physical activity programs available and shall encourage students to participate.
3. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
4. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
5. Physical education classes will regularly emphasize moderate to vigorous activity.

SCHOOL-BASED
ACTIVITIES The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. Students will be allowed sufficient time to eat meals in cafeteria facilities and/or classroom environment that are clean, safe, and comfortable.
2. Wellness for students and their families at suitable District and campus activities.
3. Employee wellness activities and involvement are provided at suitable District and campus activities.

IMPLEMENTATION The lead school nurse shall oversee the implementation of this policy and the development and implementation of the wellness plan and the appropriate administrative procedures.

EVALUATION The District shall comply with federal requirements for evaluating this policy and the wellness plan.

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PUBLIC
NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on the website copies of the wellness policy, the wellness plan, and the required implementation assessment.

RECORDS
RETENTION

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program. [see CPC and FFA(LEGAL)].