

Wellness Policy

The School recognizes that a healthy lifestyle is an important part of success in education and in life, and that there is a strong correlation between students who lead healthy lifestyles and students who complete their formal education. The School also recognizes that it is important for staff members to make healthy lifestyle choices, not only to improve their health and job performance, but also to serve as effective role models for students. Accordingly, the Governing Authority hereby adopts the following general guidelines to be used, in conjunction with any federal or state regulations or other Policies, in establishing and implementing programs and activities regarding nutrition and general wellness.

Nutritional Guidelines

All food available in the School during the school day shall serve the objectives of promoting student health and reducing childhood obesity. Pursuant to this:

- all foods shall be served in appropriate serving sizes, as determined by the USDA;
- all beverages sold on school premises must comply with all statewide standards as discussed in Policy No. 2140, Nutritional Standards.
- when selecting foods to be served a la carte, foods shall be nutritious and conform with state guidelines and standards;
- when possible, food choices shall be appealing and attractive to children and made after considering the opinions and suggestions of an advisory group consisting of students, parents, staff, and other members of the community;
- when selecting foods, a preference should be expressed for foods that are high in fiber and low in added fats, sugar, and sodium;
- when selecting foods which will be reimbursed pursuant to a state or federal program, foods shall be selected which meet the program requirements, but no additional or more restrictive requirements shall be placed on the food selection;

Physical Activity Opportunities

Physical activity shall be designed to promote student wellness and shall be a part of the School curriculum. The Physical activity opportunities shall be designed to accomplish a goal of promoting an active, fit lifestyle. There are several ways these can be accomplished including, but not limited to, the following:

- physical education class, consisting of both physical activity and education;
- integrating physical education and physical activities across the curricula as possible;
- physical education class that promotes participation in physical activity beyond the school environment;
- extracurricular activities offered on a regular, recurring basis; and
- other School-wide activities offered on a regular, recurring basis.
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Nutrition & Health Education

The School is committed to furthering this Wellness Policy through nutrition and health education. Nutrition education shall be designed to promote healthy lifestyle choices and the importance of nutrition. This goal may be accomplished by the following:

- including instruction about nutrition, physical exercise, and disease prevention as a part of the Health curriculum;
- integrating nutrition education into the curriculum beyond health education classes;
- developing nutrition and health education that developmentally appropriate and culturally sensitive;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Students shall be regularly exposed

Students shall also be given opportunities throughout the day to implement these healthy lifestyle choices. By offering a selection of nutritious foods and exposing students to active, physical activities throughout the day, students have the opportunity to apply their knowledge about healthy lifestyle choices outside of the classroom environment.

Community and Family Involvement

The School shall foster and develop relationships between the students, the parents, and other members of the community, so that everyone can work together to reinforce the School's educational mission learning and to help extend learning and wellness beyond the classroom through events, activities, programs, and other projects.

All community involvement shall adhere to the guidelines articulated in this Manual and shall account for diversity among students and diversity within the community.

Monitoring and Reviewing this Policy

The Head Administrator or his/her designee shall ensure the School implements and complies with this policy. The Head Administrator shall develop administrative guidelines as necessary to implement this policy.

As appropriate and possible, the School shall involve parents, students, representatives of the school food provider, the Governing Authority, School Administrators, and the public in further implementing and developing this policy.

Federal: 42 U.S.C. §1751, 42 U.S.C. §1771.

Cross-Reference: Policy No. **2110**, Food Services Program; Policy No. **2120**, Federal Nutrition Programs; Policy No. **2140**, Nutritional Standards; Policy No. **2150**, State Nutritional Guidelines; Policy No. **2260**, Physical Activity Waiver and Consent; Policy No. **2310**, Hand Washing Requirements; Policy No. **6110**, Visitors; Policy No. **6120** Volunteers; Policy No. **6130** Relations with Law Enforcement Agencies.