

The staff and board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for school students. The principal or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health promotion for staff, a safe and healthy school environment with parent and community involvement.

To encourage consistent health messages between the home and school environment, the principal or designee may disseminate health information and/or the school's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. Outreach will include dissemination of the school's Immunization Policy.

**School Health Council**

The board is comprised of teachers, parents, and community members. The board will function as the school health council and gather input from others. Parents, students, all school employees, board members, school administrators, and members of the public may participate in the development, implementation, and periodic review and update of the school's student wellness policy through surveys and public meetings.

**Nutrition and Physical Activity Goals**

The staff shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

The school's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provided as part of the health, science, and physical education programs and, as appropriate, shall be integrated into other academic subjects in the regular educational program. Nutrition education also may be offered in extended childcare programs.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

For all foods available on campus during the school day, the school shall adopt nutritional guidelines, which are consistent with federal, state and local requirements and support the objectives of promoting student health.

Potable water will be available at all times during the hours of operation.

**Foods and Beverages Marketing Policy** -items marketed or advertised on campus must meet Smart Snack standards.

It is the goal for foods and beverages available to students during school hours to support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the school for all foods and beverages sold to students, including foods and beverages provided through the school's food service program, shall meet or exceed state and federal nutritional standards.

The food service program will attempt to offer fresh, seasonal locally grown produce. All foods and beverages made available on campus during the school day will be consistent with the current Dietary Guidelines for Americans.

Staff shall ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.

Foods made available by the school meal program comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.

The principal or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

### **Program Implementation and Evaluation**

The principal shall designate one or more school employees, as appropriate, to ensure that the school complies with this policy.

The principal or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which the school is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

### **Posting Requirements**

The school's policies and regulations on nutrition and physical activity shall be posted in public view within all school cafeterias or in other central eating areas.

**Submitted to Board for First Reading: February 4, 2015**

**Second Reading: March 4, 2015**

**Date of Board Approval: March 4, 2015**

**Date of review: 11/7/18**