

The School Wellness Policy will encourage students to adopt a life-long healthy life style through education and modeling good eating and exercise habits.

### **COMMITTEE REPRESENTATION**

The superintendent will appoint a committee, the membership of which will include one (1) or more individuals representing each of the following interest groups: school board, physical education instructor, administration and staff, school lunch program, parents, students, and the public.

### **GOALS FOR NUTRITION PROMOTION**

Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local agency determines is appropriate;

- a. The district will offer adequate time for eating, a good environment that is clean and conducive to eating and socializing, and all lunches and breakfast programs will be available to all students.
- b. In meeting nutritional goals, the district will encourage and adopt curriculum in grades K-12 that instructs and promotes good nutrition and eating habits. Elementary grades will introduce nutritional elements in each grade level and will be supported by the staff in the lunchroom. Secondary students will receive instruction in their Health, PE, Science and Family and Consumer Science classes.
- c. The district will support fitness by offering regular PE programs K-12. In addition to regular PE classes, students on the secondary level will be offered a variety of extra-curricular programs, and participation in these programs will be encouraged.
- d. Additional fitness programs will be offered such as walking programs and lifetime activities for all ages.

### **NUTRITIONAL GUIDELINES**

Nutritional guidelines selected by the school district for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;

- a. A variety of healthy food choices will be available whenever food is sold or served on district property or at district-sponsored events;
- b. Food will be prepared in such a manner to be nutritious and appealing to student' food preferences as food preparation guidelines allow;
- c. Food prices will be designed to encourage students to purchase nutritious items.
- d. The district will work with vendors to provide choices and selections for healthy food and beverages in their vending machines.

- e. The district will post on vending machines a guide to help students select more nutritional snacks.

## **ASSURANCES**

An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and of Sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1) AND 1766(a), as those regulations and guidance apply to schools.

- a. The district will follow Federal USDA guidelines for lunches and breakfasts. This includes guidelines for reimbursable lunches and breakfasts, nutrition guidelines, breakfast programs, and nutritional snacks and beverages offered at the elementary schools.

## **MEASUREMENT AND ASSESSMENT**

Establishment of a plan for measuring implementation of the local wellness policy, including designation of one (1) or more persons within the district or at each school as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

- a. The district personnel will receive training in Wellness and Fitness Issues and will aid classroom teachers in providing their expertise in instruction and awareness in promoting nutrition and fitness.
- b. A School Wellness Committee will be maintained and will meet yearly with the Food Personnel provider each year to review and revise the Nutritional and Wellness Policy.

## **INFORM AND UPDATE**

The district will update the public (including parents, student, and others in the community) about the content and implementation of the wellness policy as prescribed by the Wellness Committee.



## **LEGAL REFERENCE:**

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

**ADOPTED: June 7, 2006**

**AMENDED: Second reading September 3, 2013**

**Annual Review: September 3, 2013**

**District Notes: Policy number was changed from 568 to 569 to match Eberharter-Maki numbering. This policy was approved by the board and state. Eberharter-Maki policy outlines requirements for policy, but is not in itself a policy.**