

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

~~WELLNESS~~

~~In order to advance student health, reduce childhood obesity, and promote the general wellness of all students, the District shall establish a local school wellness policy in accordance with the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 as required for local educational agencies that receive funding for U.S. Department of Agriculture Child Nutrition Programs.~~

~~DEVELOPMENT OF
GUIDELINES AND
GOALS~~

~~The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school nutrition department, school administration, physical education teachers, school health professionals, the Board, parents, and the public. [See BDF and EHAA]~~

~~ALL FOODS AND
BEVERAGES
AVAILABLE ON
CAMPUS~~

~~The District shall ensure that nutrition guidelines for reimbursable school meals and all other foods and beverages available on campus shall be as restrictive as federal and state regulations. [See GO]~~

~~In addition to legal requirements, the following nutrition guidelines shall apply:~~

- ~~1. Food and beverages served on school campuses shall meet guidelines as established by state and federal law with the exception of classroom birthday parties and the campus's pre-selected three exempt party days.~~
- ~~2. Food, or withholding of food, shall not be used as a punishment or reward in any school-based setting.~~
- ~~3. All foods sold in schools must comply with the USDA nutrition standards for all foods sold in school with the exception of the campus's preselected six exempt fundraising days.~~
- ~~4. Food and beverage vending machines located in school dining areas shall be considered as additional points of sale for the school nutrition department and shall comply with the USDA nutrition standards for all foods sold in school.~~

~~FOOD AND BEVERAGE
MARKETING~~

~~In accordance with federal law, only foods and beverages that meet the USDA nutrition standards for all foods sold in school may be marketed and/or advertised on campus.~~

~~WELLNESS GOALS
NUTRITION
EDUCATION~~

~~The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].~~

~~In addition, the District establishes the following goals for nutrition education:~~

- ~~1. Students shall receive scientifically based nutrition education that fosters the adoption and maintenance of healthy eating behaviors.~~
- ~~2. Nutrition education shall be a District wide priority and shall be integrated into other areas of the curriculum, as appropriate.~~
- ~~3. The school nutrition department staff shall serve as a resource to staff responsible for nutrition education.~~

~~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 BDF, EHAB, and EHAC].~~

~~In addition, the District establishes the following goals for physical activity:~~

- ~~1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.~~
- ~~2. Physical education classes shall regularly emphasize moderate to vigorous activity.~~
- ~~3. Teachers shall be encouraged to integrate physical activity into the academic curriculum where appropriate.~~
- ~~4. Physical activity, or withholding of physical activity, shall not be used as a punishment or reward in any school based setting.~~
- ~~5. District employees shall be encouraged to participate in enjoyable, lifelong physical activity for themselves and students.~~
- ~~6. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.~~
- ~~7. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]~~

~~SCHOOL-BASED
ACTIVITIES~~

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

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- ~~1.— Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.~~
- ~~2.— Elementary schools shall make every effort to schedule recess periods prior to the scheduled lunch period.~~
- ~~3.— Wellness for students and their families shall be promoted at suitable school activities such as annual health fairs that are age appropriate. The District shall also make available vaccines for children to prevent communicable diseases and classroom instruction on subjects such as the importance of hand washing.~~
- ~~4.— Employee wellness education and involvement shall be promoted at suitable school activities such as annual flu shot campaigns, follow up on blood exposures, health professionals speaking on health topics, and health fairs for staff.~~

~~NUTRITION
PROMOTION~~

~~The District establishes the following goals to promote wellness to students, staff, families, and the community:~~

- ~~1.— The school nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.~~
- ~~2.— Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.~~

~~RESPONSIBILITY AND
IMPLEMENTATION~~

~~The curriculum department shall oversee the implementation of this policy and shall carry out administrative procedures for periodically measuring the implementation of the wellness policy and sharing the findings with the public.~~

~~In addition, the District establishes the following goals for responsibility and implementation:~~

- ~~1.— The curriculum department shall designate one or more administrative or school officials to ensure each school's compliance with this policy.~~
- ~~2.— The curriculum department shall be responsible for informing and updating the public regarding the content and implementation of this policy, including the extent to which schools are in compliance with the policy and the extent to which the policy compares to model policy, and describing the progress made in attaining the goals of the policy.~~

~~PERIODIC REVIEW
AND UPDATE~~

~~The District shall periodically review and update the policy with participation from the local SHAC, representatives of the student body,~~

DATE ISSUED:
~~04/28/2017~~ 9/29/2016
LDU 2016.09
FFA(LOCAL)-X

~~school nutrition department, school administration, physical education teachers, school health professionals, the Board, parents, and the public.~~

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

**DEVELOPMENT,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS**

The local school 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 a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. 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 GUIDE-
LINES**

**FOODS AND BEVER-
AGES SOLD**

The District's 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 fundraising activities as authorized by state and federal rules. [See CO and FJ]

**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
PROMOTION AND
EDUCATION**

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion 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 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 shall receive scientifically based nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. The District shall provide professional development so that teachers and other staff responsible for the nutrition

education program are adequately prepared to effectively deliver the program.

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 BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall 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 provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
4. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day. [See GKD]

OTHER 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. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

IMPLEMENTATION	The wellness coordinator shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.
EVALUATION	The District shall comply with federal requirements for evaluating this policy and the wellness plan.
PUBLIC NOTIFICATION	The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.
RECORDS RETENTION	The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]