



Book	Policy Manual
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8510 - HEALTH AND WELLNESS

As required by law, the Board establishes the following wellness policy for the District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn

Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes the effort to support students' development of healthy behaviors and habits with regard to health and wellness cannot be accomplished by schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model health and wellness.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education:

1. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
2. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities.
3. Nutrition education may include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
5. Nutrition education posters and other visual aids based on current research may be displayed in school cafeterias.
6. Nutrition education shall extend beyond the school by engaging and involving families and the community.
7. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
8. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
9. The District may provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical activity:

1. Physical Education

- a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- b. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- d. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- e. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- f. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for the majority of scheduled class time.
- g. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- h. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- i. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- j. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- k. Planned instruction in physical education shall include cooperative as well as competitive games.
- l. Planned instruction in physical education shall take into account gender and cultural differences.
- m. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- n. Students should not be withheld from physical education for disciplinary purposes or as a consequence for regular classroom misconduct.

2. Comprehensive Health Education

The District will deliver planned, age-appropriate, and sequential instruction in health education as a foundation for the nutrition and physical education components outlined in the District Wellness Policy. Comprehensive health education instruction will assist students in developing lifelong knowledge, skills, and abilities to improve and sustain a healthy lifestyle. The curriculum should be consistent with national and state standards for health education. The curriculum should develop competencies in the nine core components of health education including physical education, physical activity, nutrition education, sexual health education, mental, social, and emotional health, personal health/health services, violence prevention, injury prevention, and tobacco, alcohol and other substance abuse prevention.

3. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- c. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

1. Schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. Schools shall provide clean environments in which students may eat.
3. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
4. Schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. There will be special events and planned activities to encourage and support staff wellness that will be made available to all staff.
6. The schools may demonstrate support for the health and wellness of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
7. Schools in our system will implement systems, processes, and safeguards which eliminate any stigma or identification of students eligible to receive free and/or reduced meals.
8. Classroom teachers will be encouraged to use physical activity and kinesthetic activities to promote learning.
9. Teachers should strive to avoid rewarding conduct with food.

D. With regard to nutrition promotion, foods and beverages marketed or promoted to students on school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. Encourage students to increase their consumption of healthy foods during the school day;
2. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

E. The District's school nutrition program will promote and encourage local farm to school programs, initiatives, and resources in order to provide local healthy food options and education which may influence healthy eating behaviors and develop a better understanding of how locally grown food affects health and wellness.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. The District's school nutrition program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. Guidelines for reimbursable school meals will not be less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in food service areas during lunch periods will be strictly prohibited.

- C. The sale of foods and beverages to students which do not meet the USDA Dietary Guidelines for Americans and the "USDA Smart Snacks in School" nutrition standards to be consumed on the school campus during the school day is prohibited.
- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or

