

## **WELLNESS POLICY**

### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating, physical activity, and emotional and mental health wellness.

### **II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition education, physical education, and emotional and mental health education are essential components of the educational process and that good health fosters student success.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging and providing access to healthy eating, physical activity, and emotional and mental health wellness.
- C. The school encourages the involvement of students, parents, teachers, food service staff, and other interested persons, in implementing, monitoring, and reviewing school nutrition, physical activity, and emotional and mental health policies.
- D. Qualified food service personnel will strive to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, as well as try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- E. The school will provide clean, safe, and pleasant settings and adequate time for students to eat.
- F. The school recognizes that other school-based activities related to students' emotional and mental health are designed to promote overall student wellness.

### **III. GUIDELINES**

- A. School Nutrition
  - 1. All foods and beverages made available to students on campus will be consistent with the current USDA Dietary Guidelines for Americans.
  - 2. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.

3. The school shall designate the director or an appropriate designee to be responsible for the schools' food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on the school campus.
4. As part of the schools responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel.
5. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
6. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

B. Nutrition Education and Promotion

1. The school will encourage and support healthy eating and good nutrition for students by offering a comprehensive program that in part is designed to provide students with the knowledge and skills necessary to promote and protect their health and well-being --- that includes both academic and non-traditional participatory activities.
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. The school will not withhold food or beverages as a form of punishment.

C. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, physical education and health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Teachers will provide short physical activity breaks between lessons or classes, where appropriate.

D. Other School-Based Activities

1. The school will engage in other emotional and mental health education, as appropriate.
2. The school will provide emotional and mental health wellness resources and guidance, as appropriate.

E. Communications with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet, daily physical activity, and emotional and mental health wellness for their children.
3. The school encourages parents and students to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

**IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, the Wellness Policy will be implemented throughout the school.
- B. School food service staff will ensure compliance within the school food service areas and will report to the director, or the director's designee, as appropriate.
- C. The director will ensure compliance with the Wellness Policy and will provide an annual report of the school's compliance with the policy to the school board.

**Legal References:** 42 USC - 1751 et seq. (Richard B. Russell National School Lunch Act)  
42 USC - 1771 et seq. (Child Nutrition Act of 1966)  
PL 108-265 (2004) - 204 (Local Wellness Policy)  
7 CFR - 210.10 (School Lunch Program Regulations)  
7 CFR - 220.8 (School Breakfast Program Regulations)