

## STUDENT WELLNESS PROGRAM

### Policy Intent/Rationale:

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no student is left behind.

### School Nutrition and Physical Activity Goals:

Goal 1: Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should be maintained and should not be dependent on high added fat, high added sugar and low nutrient foods.

Goal 2: Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed District nutrition standards. Emphasis should be placed on foods that are nutrient-dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

Goal 3: Provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, in accordance with the NASPE (National Association of Sport and Physical Education) standards, as well as cocurricular activities and recess.

Goal 4: The District is committed to improving academic performance in high-risk groups so that no student is left behind.

Educators, administrators, parents, health practitioners and communities must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious

foods are provided and where students have an opportunity for physical activity, community education that highlights research demonstrating the positive relationship between good nutrition, physical activity and capacity of students to develop and learn should be conducted.

#### School Nutrition:

1. The school breakfast and lunch program will continue to follow the USDA Requirements for Federal School Meals Program.
2. The school food service program follows the District Nutrition Standards when determining the items in a-la-carte and “competitive foods” sales. Items that do not meet the District Nutrition Standards may be acceptable when offered on a very infrequent, intermittent basis.
3. A cafeteria environment that provides students with a relaxed, enjoyable climate is maintained where the students have adequate space to eat and clean, pleasant surroundings, adequate time to eat meals (at least 20 minutes from the time the students are seated with their food) and convenient access to hand washing facilities before meals.
4. All fund-raising projects are encouraged to follow District Nutrition Standards. All fund-raising projects for sale and consumption within and prior to instructional day will follow the District’s Nutrition Standards when determining the items being sold. Foods for such fund-raising projects may not be sold during the period beginning one hour prior to the first lunch period and ending, one hour after the last lunch period unless prior approval is obtained for the District Superintendent.
5. The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.
6. Nutrition and physical activity education opportunities are provided to all school staff. These educational activities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities and other appropriate nutrition and physical activity-related topics.

#### District Nutrition Standards:

The District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. Examples of nutrient-dense food are whole grains, fresh fruits, vegetables and dairy products. In an effort to support the consumption of

nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale of food, beverages and candy on school grounds.

1. In accordance with state and federal guidelines, the Board prohibits the sale of foods of minimal nutritional value to students within school buildings or on school grounds beginning one hour before the first lunch period until one hour after the last lunch period. The foods in this category, as defined by the federal guidelines, are:
  - A. soda water (carbonated beverages)
  - B. water ices (popsicles)
  - C. chewing gum
  - D. candies of the following types: hard candy including breath mints and cough drops, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.
2. All vending machines with student access within school buildings and on school grounds are shut off one hour before the first lunch period until one hour after the last lunch period, with the exception of any vending machine that is stocked only with water, milk, and/or fruit juices.
3. All beverage vending machines with student access at the elementary school are stocked with water and fruit juices only.
4. All vending machines with student access placed within school buildings and on school grounds (with the exception of machines containing only juice, water, or milk) include programmable timers that allow for the control of student access.

#### Student Physical Activity:

The District provides physical activity and physical education opportunities, aligned with the NASPE (National Association of Sport and Physical Education) standards. Physical education provides students with the knowledge and skills to lead a physically active lifestyle.

The District utilizes the following implementation strategies:

1. Physical education classes and/or physical education opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school (recess) or after school.

3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
  - A. expose youngster to a wide variety of physical activities;
  - B. teach physical skills to help maintain a lifetime of health and fitness;
  - C. encourage self-monitoring so youngsters can see how active they are and set their own goals;
  - D. individualize intensity of activities;
  - E. focus feedback on process of doing your best rather than on product and
  - F. be active role models.
4. Introduce developmentally appropriate components of a health-related fitness assessment (e.g. FitnessGram, Physical Best, or President's Council) to the students at an early age to prepare them for future assessments.
5. Encourage fitness or activity logging at the elementary school level and continue through high school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations of the NASPE:
  - A. Students should accumulate at least 60 minutes and up to several hours of age appropriate physical activity on all or most days of the week.
  - B. Students should participate in several bouts of physical activity lasting 15 minutes or more a day.
  - C. Students should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, or performance benefits.
  - D. Extended periods (periods of 2 hours or more) of inactivity are discouraged for students, especially during the daytime hours.
6. Physical education classes shall be developmentally appropriate and content will include movement, personal fitness and personal and social responsibility.

Students should be able to determine competency through application of knowledge, skill, and practice.

Evaluation:

At the conclusion of each school year, the school nurse shall provide an evaluation of compliance with this policy as a part of the annual year-end school health report.

Team members involved in the development of this policy:

School Nurse: Beth Seneff

District Parent: Penny Powell

PE/Health Teacher: Melissa Dodd

District Student: Luke Powell

District Food Service Manager: Mark Cook

District Superintendent: Angela Hannahs

Building Principals: Clinton Abbott, Casey Mayo, Ron Clark

District Curriculum Coordinator: Micah Fuchs

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