

Policy # 13

WELLNESS POLICY

It is the policy of the Board of Education, pursuant to the Healthy, Hunger-Free Kids Act of 2010, that:

a) Nutrition education shall be integrated into the district health curriculum at all academic levels consistent with the State's health education standards. The curriculum shall include the following goals:

1. Increase students' nutritional knowledge, including, but not limited to, the benefits of healthy eating, essential nutrition, weight management, physical activity, safe food preparation, handling and storage.

2. Increase students' understanding of food labels, nutritional information and misinformation as well as commercial food advertising.

b) The benefits of physical activity shall be integrated into the district physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:

1. Time in the elementary school day for supervised recess.

2. Opportunities and encouragement for students to voluntarily participate in the before and after school physical activity programs.

c) The district shall provide food to students in accordance with State and Federal nutritional guidelines and include:

1. A food service program that employs well prepared staff who serve appealing choices of nutritious food.

2. Opportunities for staff to model healthy eating habits.

3. A clean, safe, enjoyable meal environment for students.

d) District Nutritional Guidelines for food prepared and served in the District shall be in accordance with the Nutrition Standards for School Meals, set from time to time, by the USDA Food and Nutrition Service. It shall be the responsibility of the Food Service Manager to ensure District compliance.

e) A plan for measuring implementation of this policy shall be created and monitored by the Superintendent or designee and the Board further designates the responsibility of ensuring the

school district meets the criteria of this policy to the Superintendent. The plan shall include the following:

1. Methods of reporting on program implementation;
 2. Methods for collection and evaluation of results of the program;
 3. Strategies for identifying weak areas of the program and means for improving those areas;
 4. Means for ensuring various components of the program are integrated within the basic operation of the district and are designed to reinforce one another and present consistent messages to student learning.
 5. Method for reporting to the public the outcome of the review of implementation of the process.
- f) Local Wellness Policies and Procedures shall be developed in conjunction with parents, students, representatives of the school food authority, physical education teachers and school health officials, representatives of the school administration, and members of the public.
- g) This policy shall be published from time to time to parents and students and shall be placed upon the District website.

First Reading:	January 18, 2018
Second Reading:	February 1, 2017
BOE Adoption:	February 1, 2017