

## WELLNESS POLICY

### Introduction

The ultimate goal of the district is to improve nutrition, increase physical activity, and reduce sedentary behaviors of students and staff. Factors such as budget, time, curriculum, and staffing may impact implementation decisions and will be addressed.

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity. The Healthy, Hunger-Free Kids Act of 2010 expands the scope of wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies (Section 204).

The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the physical activity and nutritional environment in each school.

A District Wellness Committee which includes specific stakeholders in the community will be charged with providing periodic input for developing, implementing, assessing, and reviewing the school district wellness policy. The district will designate one or more school officials to ensure that each school complies with the local wellness policy and will periodically measure and make available to the public information about the content, implementation, and assessment of the elements of the local wellness policy. Each school building will create a School Wellness Committee to implement the Local Wellness Policy developed by the district and provide feedback to the district regarding its progress once every three years.

For each of the following components, please note procedure AE-R Wellness Procedure.

### Nutrition Education and Nutrition Promotion

Nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to enhance their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to positively influence students' eating behaviors and food choices. Nutrition promotion and education will be offered to parents, staff, and community.

### Physical Activity, Education, and Promotion

Physical education will be offered at the elementary, middle, and high school levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills needed for lifelong participation in a broad range of activities. Students will learn the short and long-term benefits of an active and healthy lifestyle to maintain fitness through regular participation in physical activity.

### Other School-Based Activities

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life-long habits for students, staff, and community.

## **Nutrition Standards**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy, lean meat, whole grain rich products, and water will be available wherever and whenever food is sold or otherwise offered at school.

## **Measurement and Assessment**

The superintendent will designate one or more district officials to assess and document the implementation of the local wellness policy every three years.

The purpose of this Wellness Policy is to establish a framework that supports the health and well-being of all learners, staff, and the school community in alignment with federal and state guidelines. This policy is designed to promote a healthy environment through the implementation of nutrition standards, physical activity opportunities, and mental health support, ensuring a holistic approach to learner wellness.

In compliance with the United States Department of Agriculture (USDA) Healthy Hunger-Free Kids Act and other relevant federal mandates, the policy outlines expectations for the nutritional quality of food offered within the school, encourages age-appropriate physical activity, and fosters a school culture that prioritizes overall health and wellness. Additionally, the policy includes strategies for ongoing evaluation and improvement to ensure the long-term success and effectiveness of wellness initiatives.

## **Section 1: Federal Requirements**

- Nutrition lessons are integrated into the curriculum and the health education program.
- Meals served through the district's food services program will comply with the federal standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.
- All learners, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register. The district will take steps to ensure that learners qualifying for free or reduced price meals are not overtly identified in any way.
- Free water will be available at all meal times.
- All school nutrition program directors, managers, and staff will meet hiring and annual training requirements in the USDA Professional Standards for Child Nutrition Professionals.
- The district is in compliance with all federal and state nutrition standards for all foods sold in schools.
- It is the policy of the district that all foods and beverages sold to learners during the school day on any property under the jurisdiction of the district will meet the USDA school meal and Smart Snacks in School standards.
- All vending machines will be turned off during the school day.
- Approval of fundraisers is subject to the principal's discretion.
- Classroom parties, celebrations, etc, will be limited to one pre-packaged snack not to exceed 200 calories and one beverage not to exceed 200 calories; no homemade items are allowed.
- The district should be sensitive to the nutrition environment when displaying logos/trademarks on school grounds.
- Learners, parents, staff, and/or community members will be included in the development, implementation, review and update of the wellness policy.
- The superintendent or designee will ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee will ensure compliance.
- The district will promote the local wellness policy to faculty, staff, parents, and learners. A copy of the local wellness policy will be posted on each school's website and the district website.
- The district will conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool.
- The most recent triennial Wellness Assessment will be made available on the district website.
- Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

## **Section 2: Nutrition Environment and Services**

- The district operates under USDA regulations for National School Lunch and Breakfast Programs.
- Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.
- Applications for free or reduced priced meals are available on the district website.
- Tutoring, club, or organizational meetings will not be scheduled during the lunch period unless learners are allowed to purchase lunch to be consumed during meetings.
- Meal components will be prominently displayed in the cafeterias to encourage learners to make healthy choices.
- After obtaining food, learners will have at least 20 minutes to eat lunch.
- Local foods are purchased and promoted, through the district procurement plan.
- The district will follow the Smart Snacks in School standards for all food and beverages sold to learners on school campus during the school day.
- Smart Snacks in School standards apply to all foods and beverages sold to learners through district-sponsored fundraisers, unless an exemption applies. Each school, organization, or group will be allowed to hold one exempt fundraiser per school year during which any food or beverages may be sold.
- USDA Smart Snacks in School standards for beverages sold will be followed for all grade levels.
- Snacks in outside care programs located in district facilities meet the requirements of that program.
- The district will encourage non-food alternatives as rewards.
- Drinking water fountains are available to learners and staff throughout the school building.

## **Section 3: Nutrition Education**

- Nutrition education will provide the knowledge and skills necessary to promote health.
- Nutrition topics will be integrated within the comprehensive health education curriculum.
- Nutrition education will be integrated into the broader curriculum, where appropriate.
- The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a learner's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- Nutrition education addresses agriculture and the food system.

## **Section 4: Physical Education and Physical Activity**

- The district's physical education curriculum is aligned to state standards. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
- Schools will provide physical education that fosters lifelong habits of physical activity.
- All learners in grades JK-5 are required to meet an average of 60 instructional minutes per week of physical education.
- All learners in grades 6-8 are required to meet an average of 150 instructional minutes per week of physical education.
- All learners in grades 9-12 will meet or exceed the graduation requirements for physical education instruction.
- Physical education for grades JK-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- The district will provide all physical education teachers with annual professional development opportunities that are focused on physical education/activity topics and competencies specifically for physical education teachers.
- Unless otherwise exempted, all learners will be required to engage in the district's physical education program.
- There will be no substitutions allowed for the physical education time requirement.
- Physical activity opportunities are provided at the school for families and community members.
- Physical activity opportunities will be available during, before, and after-school hours.

- Schools will provide at least 20 minutes of active daily recess to all elementary school learners.
- Schools will provide at least one physical activity break for every 60 minutes of academic instruction daily.
- Schools will develop joint-use agreements with community partners in order to provide expanded physical activity opportunities for all learners and community members.
- Schools will promote walking and biking to school.
- Schools will strongly recommend staff use extra physical activity as a reward when feasible.
- Physical activity may not be assigned to learners as a consequence of poor behavior or punishment for any reason.
- Recess, physical education, or other physical activities will not be withheld from learners as a punishment for poor behavior or incomplete class work.

## **Section 5: Employee Wellness**

- The district will provide a comprehensive program promoting healthy eating and physical activity for staff.
- School staff members will model healthy eating and physical activity behaviors.

## **Section 6: Integration and Coordination**

- The wellness committee at each school meets four times a year.
- The district's wellness committee meets four times a year.
- Members of the district wellness committee may include, but are not limited to: a member from each school wellness committee, a school board member, a learner, and a community member; not to exceed 12 people.

**Legal References:** 7 CFR 210.10  
7 CFR 220.8

**Cross References:** ~~AE-R Wellness Procedure~~  
Policy EFD - Meal Charge Policy  
Policy EFB - Free and Reduced Price Food Services  
Smart Snacks in School Guidelines

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