

## **School Wellness**

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the promotion and support of good nutrition and regular physical activity. Children who eat well-balanced meals and engage in regular physical activity are more likely to excel in the classroom.

The Board established the School Wellness Committee as an advisory committee to monitor the implementation of the Regulation and accompanying Policy, evaluate and report annually on the district's progress on this Policy's goals, serve as a resource to schools, and recommend revisions to this Regulation and accompanying Policy as the committee deems necessary and/or appropriate.

To further the Board's beliefs stated in Policy ADF, the Board adopts the following:

**Goal #1:** The district will provide a learning environment conducive to developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall positively influence a student's understanding, beliefs, and habits as each relates to good nutrition and regular physical activity. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong, healthy eating habits and regular physical activity.

In order to promote the goal of providing a learning environment conducive to developing and practicing lifelong wellness behaviors, the following are recommended:

- Continue the integration of district concepts/skills for health and nutrition education that teach students about the effects of nutrition and regular physical activity in specific wellness classes, health education classes, and to the extent possible, in core curriculum areas such as math, science, social studies, and language arts.
- Ensure that all instruction is age-appropriate and culturally sensitive.
- Coordinate nutrition education and information among the district's registered dietitians, nurses, and teachers.
- Promote healthy eating habits, regular physical activity, and provide information to students, parents, school staff, and the community at appropriate events.

**Goal #2:** The district will support and promote proper dietary habits contributing to students' health status and academic performance.

All district-provided food and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition guidelines. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules

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or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

In order to promote and support proper dietary habits, the following are recommended:

- Continue to implement district nutrition guidelines providing healthful food choices, limiting portion size, and controlling the amount of fat and sugar content in district-provided foods and beverages.
- Encourage schools to schedule adequate time to eat in as pleasant an eating environment as possible.
- Encourage the placement of healthy food products in vending machines and competitive food locations to limit the availability of products of minimal nutritional value.
- Provide information to students, parents, and school staff describing the nutritional content of foods and beverages, when requested.
- Encourage schools to provide healthy food choice options at all school activities.
- Encourage non-food fundraisers.
- Encourage teachers to use non-food rewards.

Goal #3: The district will provide opportunities for every student to engage in regular physical activity.

Access to a quality physical education program is an important component for all students to learn about and participate in regular physical activity. Regular physical activity should be included in a school's education program from grades pre-kindergarten through 12, in accordance with the district's concepts/skills for physical education, and may be supplemented with co-curricular activities and recess.

In order to promote the goal of providing opportunities for students to engage in regular physical activity, the following are recommended:

- Continue the integration of district concepts/skills for physical education that teaches students about the effects of nutrition and regular physical activity in specific physical education classes, health education classes, and to the extent possible, in core curriculum areas such as math, science, social studies, and language arts.
- Encourage schools to hire certified physical education teachers.
- Encourage schools to provide opportunities for age-appropriate and culturally sensitive regular physical activity to all students including a range of after school programs that may include intramurals, interscholastic athletics, and physical activity clubs.
- Encourage secondary schools to administer a health-related fitness assessment to all students to promote individual awareness of their personal level of fitness and to provide assistance in the creation of individual fitness goals and plans.
- Promote healthy eating habits, regular physical activity, and provide information to students, parents, school staff, and the community at appropriate events.

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- Encourage the use of district facilities by the community for activities that promote regular physical activity. Encourage schools to evaluate and adopt a recess plan that supports student health.

Approved by Superintendent Monte C. Moses, May 8, 2006.