

WELLNESS

Reference: Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773
7 CFR Parts 210 and 220

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the School's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the School shall:
(Specific goals need to be inserted here. See Appendix A.)
- B. With regard to physical activity, the School shall:
(Specific goals need to be inserted here. See Appendix B.)
- C. With regard to other school-based activities the School shall:
(Specific goals need to be inserted here. See Appendix C.)
- D. With regard to nutrition promotion, the School shall:
(Specific goals need to be inserted here. See Appendix D.)

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

(Specific guidelines need to be inserted here. See Appendix E.)

The Board designates the Educational Service Provider as the individual(s) charged with operational responsibility for verifying that the School meets the goals established in this policy.

The Educational Service Provider shall appoint an School wellness committee that includes parents, students, representatives of the School food authority, educational staff (including physical education teachers), school health professionals, members of the public and School administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current School environment;
- B. review of the School's wellness policy;
- C. presentation of the wellness policy to the Board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Educational Service Provider any revisions to the policy it deems necessary.

The Educational Service Provider shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Educational Service Provider is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Educational Service Provider shall: distribute information at the beginning of the school year to families of School children; include information in the student handbook.

- A. distribute information at the beginning of the school year to families of School children;
- B. include information in the student handbook;
- C. and post the policy on the School's website, including the Wellness Committee's assessment of the implementation of the policy.

Adopted 1/20/11
Revised 8/18/15