

## **SCHOOL WELLNESS PLAN**

The District is committed to providing a school environment that enhances learning and development of a lifelong healthy life style.

To accomplish these goals:

1. Provide two nutritious meals each day that comply with federal, state and local requirements. These meals will be made accessible to all students.
2. Nutrition education will be incorporated in all health education classes in a sequential manner.
3. Physical activity will become part of every student's day to establish a healthy lifestyle outside of physical education.
4. All school-based activities are consistent with local wellness policy goals.
5. All foods made available on campus adhere to food safety and security guidelines.
6. Meals served will model a healthy diet, low in fat and high in fruit and vegetables.
7. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

### **Nutrition Education**

1. The school cafeteria will serve as a "learning laboratory" to encourage students to make healthy food choices by apply critical thinking skills taught in the classroom.
2. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
3. The District will provide information to families to encourage them to provide healthy meals at home and reinforce the nutrition education provided at school.
4. Students will be encouraged to start each day with a healthy breakfast.

### **Physical Activity**

1. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

2. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
3. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
4. Elementary schools will involve all students in at least 10 minutes of cardiovascular exercise everyday.

### **Other School-Based Activities**

1. Local wellness policy goals are considered in planning all school-based activities.
2. The District will organize wellness committees that can include teachers, administrators and/or the school nurse and students to plan implement and improve nutrition and physical activity in the school environment.

### **Nutrition Guidelines for All Foods on Campus**

1. Food providers will take every measure to ensure that students have access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
2. Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
3. Advertising of foods or beverages in the areas accessible to students during the meal times must be consistent with established nutrition environment standards.

### **Eating Environment**

1. Adequate time will be provided for meals, at least 10 minutes for breakfast and 20 minutes for lunch.
2. Lunch periods are scheduled as near the middle of the school day as possible in accordance to state requirements between 10 a.m. and 2 p.m.
3. Drinking water is available for student at meals. Clear water bottles will be permitted in the classroom to encourage water intake.

### **Child Nutrition Operations**

1. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

2. The school will strive to increase participation in the available federal Child Nutrition programs.
3. The District will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
4. All food service personnel shall have adequate pre-service training in food service operations.

### **Food Safety/Food Security**

1. All foods made available on campus comply with the state and local food safety and sanitation regulations to prevent food related illness in schools.
2. For the safety and security of the food and facility, access to the food service operations are limited to authorized personnel.

### **Persons Responsible for Compliance and Evaluating Effectiveness of Wellness Policy**

1. The principal of each building will be responsible for the compliance to the wellness policy. The principals will evaluate the instructional component of the policy and will provide a report to the Superintendent.
2. The contracted food service supervisor shall ensure compliance with the nutritional aspect of the policy. The food service supervisor prepares menus and works with the head cook in each building to ensure nutritional standards are maintained. The supervisor provides report to the Superintendent concerning the nutritional aspect of the wellness policy.

[Adoption date: May 15, 2006]

[Re-adoption date: May 18, 2011]

[Re-adoption date: August 5, 2015]

[Review date: March 28, 2018]