

**General Requirements**

The District shall follow nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health.

Recognizing that nutrition and physical activity enhance education, the District is committed to providing a positive learning environment that supports the development of lifelong wellness practices.

**Development of Guidelines and Goals**

The District shall develop nutritional guidelines and wellness goals in consultation with the District School Health Advisory Council (SHAC) and with involvement from representatives of the school administration, the Board, school food service, school health services, parents, students, and the public.

**Wellness Plan**

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communication to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

**Nutrition Guidelines**

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance for schools participating in the federal meal programs.

**Foods and Beverages Sold**

For schools that participate in the federal meal programs, the District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and shall

be at least as restrictive as federal regulations and guidance. [See CO]

The marketing and advertising of foods shall only be allowed for those that meet the Smart Snacks in School guidelines.

**Foods and  
Beverages Provided**

It is highly encouraged in schools that participate in federal meal programs that foods and beverages provided, but not sold, to students during the school day be of good nutritional value and comply with Smart Snack in School guidelines, when possible. This includes, but is not limited to foods given at classroom parties, during classroom snacks, as incentives, on state testing days, and on field day.

Any fundraiser or party-type occasion during which food is provided, but not sold, to students shall be held outside of the school cafeteria and should not interfere with the school meal program.

*Exemptions for  
Field Trips*

The school day shall be considered to have ended for students who leave campus for approved field trips. School activities, athletic functions, and the like, that occur after the normal school day shall not be covered by this policy.

**Other Guidelines**

In addition to the legal requirements, the District shall:

1. Ensure all foods and beverages provided or sold to students during the school day comply with the state and local food safety and sanitation regulations. It is strongly recommended that foods provided to students from outside sources are store bought, prepackaged, and with appropriate nutritional labeling.
2. Provide teachers with education regarding nutritious snacks.
3. Ensure that food is not withheld from students as punishment.

**Wellness Goals**

**Nutrition Promotion  
and Education**

The District has adopted, in accordance with law, an approved coordinated health program with a nutrition education component [see EHAB and EHAC] and uses a health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote health nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

3. The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors, including information concerning liquid intake during exercise.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education shall participate in professional learning activities.
4. The District shall continue to use an approved coordinated school health program, in accordance with state guidelines.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the District's website, PTA newsletters, and the school marquees.

#### Physical Activity

The District has adopted, in accordance with law an approved coordinated school health program with physical education and physical activity components, and offers at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall provide appropriate professional learning and encourage teachers to integrate physical activity in to the academic curriculum where appropriate.
3. The District shall make appropriate before school and after school physical activity programs available and shall encourage students to participate.
4. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

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5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities such as tracks, playgrounds, and the like that are available outside of the school day. [See GKD]

**Other School-Based Activities**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Employee wellness education and activities shall be promoted.
3. Wellness education for students and their families shall be promoted.
4. Each school shall establish a wellness committee to develop and implement wellness goals for the campus instructional improvement plan.

**Health Services Program**

The District shall establish, maintain, and periodically evaluate a health services program that is coordinated with other student services and related instructional programs to focus on health-related needs of students and their families.

The District program shall maintain liaison with community health resources.

Nothing in this policy shall be construed to suggest establishment of school-based health clinics in the District.

**Implementation**

The Departments of Health Services, Child Nutrition, and Health/Physical Education shall oversee the implementation of this policy and implementation of the wellness plan and appropriate administrative procedures.

The SHAC shall serve as an advisory resource in the implementation of the wellness policy and the principal or designee of each school shall ensure compliance with the wellness policy.

**Evaluation**

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

**Public Notification**

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

**Records Retention**

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]