

The board is committed to providing a school environment that promotes student wellness as part of the total learning experience for its students. To this end, the board shall promote and monitor a local wellness program. The program shall:

- Include goals for providing proper student nutrition at school, nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;
- Include nutrition guidelines for all foods available in each school during the school day, with the objectives of the guidelines to be promoting student health and reducing childhood obesity; Ensure foods and beverages sold at breakfast and lunch meet the nutrition guidelines for the School Breakfast Program and National School Lunch Program;
- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;
- Provide opportunities, support, and encouragement for students in grades K-12 to be physically active on a regular basis;
- Assure that guidelines for reimbursable school meals shall not be less restrictive than Federal and state statutes, regulations, and guidance issued by the Secretary of Agriculture, as they apply to schools;
- Students will be able to have clear/translucent individual water bottles in the classroom.
- That physical education curriculum includes fitness assessment of at least 90% of all students enrolled in physical education and student fitness reports are available to parents.
- Extra-Curricular activity programs, such as a physical activity club or intramural programs are offered through partnerships with the community organizations and resources.
- Involve parents, students, representatives of the school food authority, district physical education teachers, school health professionals, the school board, administrators, and the public in the

development, implementation, and periodic review of the school wellness policy; and

- Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced, is periodically measured, and that assessment of the implementation of the local school wellness policy are available to the public. Such assessments shall measure the extent to which schools in the district are in compliance with this policy, shall compare the district's wellness policy with other model local school wellness policies, and shall describe the progress made in attaining the goals of this policy.

Approved: BOE 5/28/2018

## **USD # 289 WELLNESS POLICY STATEMENT**

It is the goal of the Kansas State Department of Education and Wellsville USD #289's Wellness Policies to provide school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. To this end, the board shall promote and monitor a local wellness program. The program shall:

\*Encourage parents/guardians, staff and community members to consider healthier food and beverages for classroom parties, birthday celebrations, rewards and fundraisers.

\*Provide proper student nutrition at school, nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate.

**\*Encourage physical activity for all students through participation in physical education, elementary recess and extra curricular activities.**

\*Ensure that foods and beverages sold at breakfast and lunch meet the nutrition guidelines for the School Breakfast Program and National School Lunch Program while providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

\*Assure that guidelines for reimbursable school meals shall not be less restrictive than Federal and state statutes, regulations, and guidance issued by the Secretary of Agriculture, as they apply to schools.

\*Involve parents, students, representatives of the school food authority, district physical education teachers, school health professionals, the school board, administrators, and the public in the development, implementation, and periodic review of the school wellness policy.

\*Establish a plan for measuring implementation of the local wellness policy, including the Food Service Director who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced, is periodically measured, and that assessments of the implementation of the local school wellness policy be made available to the public. Such assessments shall measure the extent to which schools in the district are in compliance with this policy, shall compare the district's wellness policy with other model local school wellness policies, and shall describe the progress made in attaining the goals of this policy.

Approved: May 6, 2015 w/addendum in **Bold** by Wellness Committee 2015-16 6.8.15