

## File: ADF-R

## **School Wellness**

### **Wellness foundation and commitment**

Changes and developments to the school wellness policy shall be made available to students and families by means of school-based communication, including but not limited to school/district websites and newsletters.

The wellness advisory council shall meet at least yearly to discuss implementation activities and address barriers and challenges. Assessments will be repeated every three years to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district and individual schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Implementation and monitoring of the wellness policy shall be supported by the superintendent and the wellness advisory council.

To further the goals as stated in this regulation's accompanying policy, the district sets forth the following objectives to implement the goals:

### **Promotion of a healthy learning environment for development and practice of lifelong wellness behaviors**

- A. Continue to restructure and improve health education instruction to meet state standards and to teach and engage all students in lifelong healthy habits.
- B. Strive to integrate nutrition education and physical activity into core curriculum and instruction as applicable.
- C. Promote healthy eating and physical activity strategies to students, parents/families, staff and the community at events such as school registration, parent-teacher conferences, back-to-school nights, staff meetings and other applicable opportunities or events to encourage and support healthy eating and active living practices at school and at home.

### **Commitment to a supportive nutrition environment that contributes to student health and academic performance**

- A. Promote increased consumption of healthy options and fresh fruits and vegetables through experiential, hands-on nutrition education in the cafeteria and the classroom, community research and partnerships.
- B. Promote a welcoming and safe eating environment in all school cafeterias (include student art work, positive social interaction, etc.).
- C. Provide adequate time for students to eat (national recommendation of at least 10 minutes for breakfast and 20 minutes for lunch from the time a student receives a meal).
- D. Ensure that all students are provided the opportunity to receive a healthy breakfast.
- E. Promote alternative non-food rewards (the wellness department can be contacted for ideas).

- F. Promote fundraising activities with positive health messages that are of a non-food nature.
- G. Promote school celebrations that focus on activities (free time, extra recess, crafts/music/culture, etc.) and not food. (The wellness department can provide ideas for alternative healthy school celebrations, including ideas for classroom parties in lieu of pizza).
- H. Require that all food brought in for celebrations be pre-packaged and sealed, and consist primarily of healthy options (fruits and vegetables, whole grains, etc.). Water shall be promoted as the main beverage choice. Schools shall inform parents/guardians of school celebration guidelines.
- I. Require that any student work surfaces (in classrooms or areas outside of the cafeteria) potentially contaminated with food proteins be thoroughly cleaned using district-approved cleaner/sanitizer before additional student contact with these surfaces (district-approved cleaner will be provided in all classrooms). Students shall not perform this vital cleaning task. Staff shall be aware of and responsive to students with food allergies.
- J. In accordance with USDA regulations, all school stores and vending machines shall not be open during the school day. (The USDA definition of a school day is the period from the midnight prior, to 30 minutes after the end of the official school day.)
- K. All food served in school stores or vending machines shall meet nutrient guidelines as defined by USDA and Alliance for a Healthier Generation and be district-approved. Students will have the opportunity to be engaged in the selection of healthy options via taste tests and alternative student input strategies.
- L. Observe state law, which prohibits schools from "making available" to students any food or beverage that contains any amount of industrially produced trans-fat. (The trans-fat ban applies to all food and beverages made available to students on school grounds during the school day and extended school day and include items sold through the school cafeteria, school store or vending machines located on school grounds).

### **Commitment to physical education and physical activity to support student health and academic performance**

- A. All students in grades K-12 will participate in physical education in compliance with the physical education standards, and students will have the opportunity to select physical education in addition to these requirements where it is an elective.
- B. Physical education will be taught by a licensed instructor.
- C. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
- D. Each elementary school shall provide each student the opportunity to participate in a minimum of 600 minutes/month of physical activity in accordance with state law.
- E. Active recess will be encouraged as a component of a supportive learning environment.
- F. All teachers will be encouraged to use physical activity breaks during classroom time as developmentally and instructionally appropriate.
- G. Schools will discourage extended periods of inactivity (two or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

H. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

I. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

J. Schools will promote walking or bicycling to and from school as a viable option and shall work together with applicable community partners to provide corresponding bicycle and pedestrian safety education to support these efforts.

K. The district will promote staff wellness that will incorporate education and resources for the promotion of physical and social-emotional staff health.

Adopted: June 20, 2016

Revised: June 19, 2017

