

CENERVILLE SCHOOL DISTRICT 60-1 SCHOOL BOARD POLICIES

File: JP

WELLNESS POLICY

To support its mission, the Centerville School District will provide an environment that cultivates maximum student potential. Nutrition and fitness influence a child's development, health, wellbeing and potential learning. To afford students the opportunity to participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits. Decisions made in all school programming need to reflect and encourage positive nutrition and fitness messages and healthy food and exercise choices.

The policy of the Centerville School District is to:

Nutrition Component

1. Provide a positive environment and appropriate knowledge regarding food.
 - Ensure that all students have access to healthy food choices during school
 - Provide a pleasant eating environment for students and staff.
 - Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
 - Enable all students, through comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
3. Reduce student access to foods of minimal nutritional value.
 - In keeping with contractual obligations in the National School Lunch Programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the breakfast/lunch programs during those times.
 - Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a plan that focuses on:
 - a. reducing access to non-nutritional foods
 - b. educating students about healthy foods
 - c. selecting pricing that favors sales of healthy foods

Physical Activity Component

4. The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

- Ensure that every student from Kindergarten to 8th grade receives regular, age-appropriate, quality physical education from highly qualified physical education teachers.
- Encourage the opportunity for physical activity to be regularly incorporated into other subject areas: Math, Language Arts, Science, and Social Studies)
- Whenever possible, provide recess that encourages physical activity
- Ensure that facilities and equipment are kept safe and well-maintained.
- Provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
- Offer extra-curricular physical activity programs to all grade levels as appropriate
- After school child care program will include daily periods of moderate to vigorous physical activity for all participants.
- School space and facilities will be available to students, staff and community members and agencies for physical activity or nutrition activities providing a comfortable, safe environment outside of school hours.
- The school wellness committee will plan, implement and assess ongoing activities that promote healthy lifestyles for all age groups within the school and community.

To accomplish these goals:

- Child nutrition programs will comply with federal, state and local requirements and will be accessible to all children
- Sequential and interdisciplinary nutrition, fitness and wellness education will be provided and promoted.
- Patterns of meaningful physical activity that connect to the students' lives outside of school will be encouraged.
- Healthy snack and drink options will be encouraged at all times.
- Items sold for fundraising purposes that do not promote healthy food choices may be acceptable when offered on an intermittent basis.
- The school environment will be safe, comfortable, pleasing and allow for ample time and space for eating and activity.

Intent:

- Ensure health education is promoted K-12 with the focus on early grades. Teachers will be encouraged to add wellness-related units to their curriculum.
- Vending machines will include healthy snack and drink options.
- No pop will be allowed in the lunch room during meal times
- Healthy snacks and treats will be encouraged in classrooms, with the exception of parties such as Christmas, Valentine's Day, etc.
- Current fundraising practices are acceptable.
- Students are allowed ample time for meals in the cafeteria area.
- All school staff will be encouraged to act as positive role models for desired student behaviors such as regular exercise, healthy lifestyles and nutritious eating habits.