

DEFINITIONS

The following definitions shall be used for purposes of this policy:

1. "School day" begins at midnight and ends 30 minutes after the official school day ends.
2. "Competitive foods" shall include foods compliant with federal rules for Smart Snacks, sold by someone other than the District's child nutrition services wherever reimbursable meals are sold.
3. "District central athletic sites" shall include noncampus locations designated by the District athletics department and hosting District-supported events.

PURPOSE

The District shall advance student health by:

1. Educating children and providing an environment that supports children in making healthy choices and decisions;
2. Striving to reduce disease and infection and promoting the general wellness of all students by providing comprehensive kindergarten–grade 12 health education;
3. Providing quality physical education and opportunities for physical activity;
4. Following nutritional best practices;
5. Fostering a safe and supportive learning environment for all students; and
6. Engaging and collaborating with relevant community health partners to address student wellness.

DEVELOPMENT,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS

The District shall develop and implement a local wellness plan to be reviewed and approved annually by the Superintendent, the Board, and the local school health advisory council (SHAC). An individual designated by the Superintendent shall chair the District wellness committee to develop a local wellness plan, with nutrition guidelines and wellness goals, using evidence-based strategies and techniques.

The SHAC shall advise the Board on the development of the local wellness plan.

The SHAC shall permit participation by parents, students, representatives of the District's nutrition services department, physical education teachers, school health professionals, Board members, school administrators, and members of the public.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS PLAN

The Superintendent shall promote a wellness environment conducive to healthy choices in school-based activities, nutrition, and physical activity.

The local 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 manner of communicating applicable information about the District's wellness policy and plan to the public;
5. Alternative reward options for schools to offer students other than food; and
6. Participation of a local wellness coordinator from each school to establish a campus wellness team to evaluate the school health climate and participate in annual District-wide wellness events.

NUTRITION
GUIDELINES

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

In addition to legal requirements, the District shall:

1. Operate all child nutrition programs with school food service staff who are properly qualified under current professional standards;
2. Establish guidelines for food and beverages available to any student during the regular school day, including through any vending machines;
3. Ensure that all vending machines that are accessible to students during the regular school day contain only items compliant with federal rules for Smart Snacks, and ensure that vending machines not compliant with Smart Snacks rules remain turned off during the regular school day;
4. Encourage students, staff, and families to make healthy food and beverage choices based on current dietary guidelines for Americans, and strive to increase student participation in

breakfast and lunch programs through marketing and providing nutrition education on the benefits of eating a healthy meal;

5. Provide sufficient scheduled time for students to eat meals in facilities that are clean, safe, and comfortable;
6. Adhere to Smart Snacks nutrition standards for all food and beverages available for purchase by any student during the school day, including items available through any fundraiser and items for consumption available in vending machines that are accessible to students;
 - a. In elementary schools, there shall be no competitive food during the school day.
 - b. In middle schools, there shall be no competitive food until 30 minutes after the last lunch period, and all sales must be compliant with Smart Snacks rules.
 - c. In high schools, there shall be no sales during lunch where school meals are being purchased or eaten, and all sales must be compliant with Smart Snacks rules.
7. Ensure that any fundraiser taking place during the school day involving food meant for immediate consumption is compliant with Smart Snacks rules, unless the campus uses one of the campus's designated exemption days for the fundraiser;
8. Provide a school breakfast free of cost to all economically eligible schools, and promote the expansion of the Breakfast in the Classroom Program;
9. Prohibit the sale of carbonated, sweetened beverages, including diet sodas, during the school day on school grounds, with the exception of District central athletic sites;
10. Prohibit the use of deep-fat fryers in the school cafeterias; and
11. Adhere to a maximum of three exemption days per campus per school year, with advance notice of the exemption dates to the District's child nutrition services and health services departments.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS GOALS

NUTRITION
PROMOTION AND
COMPREHENSIVE
HEALTH
EDUCATION

The District shall implement, in accordance with law, a coordinated school health program that shall include, but not be limited to, instruction on mental and emotional health; violence and injury prevention; tobacco, alcohol, and other drug use prevention; nutrition and physical activity; and reproductive health. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the Breakfast in the Classroom Program, and any other supplemental food and nutrition programs offered by the District.

In addition, the District establishes the following goals for nutrition promotion and comprehensive health education:

1. The District's food service staff, teachers, and other personnel shall consistently promote healthy 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 make all reasonable efforts to ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.
4. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
5. The District shall provide professional development so that teachers and staff responsible for delivering the nutrition and health education programs are adequately prepared to effectively deliver the program.
6. In conjunction with the coordinated health program, the District shall provide and support a standards-based, evidence-informed or evidence-based, comprehensive health curriculum in kindergarten–grade 12.
7. The District's comprehensive health curriculum shall include asthma and dental education. The high school health curriculum shall also include educational instruction on cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), and parenting and paternity awareness (PAPA).
8. The District shall provide sufficient time for health instruction in kindergarten–grade 12, with minimal interruption. Any presentations from outside presenters shall be preapproved by the health and physical education department.

PHYSICAL
EDUCATION AND
ACTIVITY

The District shall implement, in accordance with state law, a standards-based physical education program with a written curriculum and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District shall require 135 minutes per week of physical education in elementary school, 225 minutes every two weeks in grade 6, a total of 2 semester credits in grades 7 and 8, and 2 semester credits in high school.

The District establishes the following goals for physical education and physical activity:

1. Students shall spend at least 50 percent of their physical education class time engaged in moderate to vigorous physical activity.
2. The high school physical education curriculum shall focus on lifestyle-focused activities, including lifetime fitness, wellness goal setting, and recreational activities.
3. All elementary schools shall provide 30 minutes of recess in their campus schedules. Secondary schools shall make efforts to provide time for students to be physically active before and after school and during lunch. Weather permitting, students should be allowed to go outside during this time.
4. Where space and supervision allows, the District shall encourage all schools to provide physical activity options before and after school.
5. The District shall encourage schools and teachers to provide brief physical activity breaks at least every 60 minutes of instructional time. The District shall provide appropriate professional development on integrating physical activity breaks into the academic curriculum where appropriate.
6. Neither physical education nor physical activity shall be withheld from students or assigned to students as a punishment.
7. 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]
8. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

SCHOOL-BASED
ACTIVITIES

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

1. The District shall promote wellness for students, families, and school staff at suitable school activities.
2. The District shall promote wellness for students and their families at suitable District and campus events.
3. The District shall provide students and the community with positive, encouraging messages about healthy lifestyle practices.

The District cares about the well-being of staff members and understands the influence that staff actions have on all student health behaviors. All staff should promote a school environment supportive of healthy behaviors. Adults are encouraged to model good health behaviors, especially on school property and at school-sponsored meetings and events. Schools are encouraged to support staff wellness initiatives.

SAFE AND
SUPPORTIVE
ENVIRONMENT

The District shall create for all students and staff a safe and supportive school environment that is culturally proficient and inclusive and provides skill-based education and access to support services. Students shall learn to value healthy relationships and environments, possess the necessary knowledge and skills to use safe health practices, and access resources and services to support their personal health (including community health resources and school-based health centers).

Prevention- and intervention-based work shall address and integrate social health, emotional health, mental health, behavioral health, physical health, suicide prevention, violence prevention, and a safe and inclusive climate for lesbian, gay, bisexual, and transgender students. These efforts shall create a safe and supportive learning environment that optimizes academic outcomes for all students.

To ensure food safety and the security of our students, no outside food or beverages shall be provided to a student during the lunch period by anyone other than the student's own parent or guardian or another authorized adult.

To support food safety and the security of our students, for the purposes of celebrating birthdays and other special occasions, a parent or guardian shall be allowed to bring only prepackaged, store-bought items, in the original packaging, for the consumption by

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

students other than his or her own child. Such celebrations shall not occur during lunch time.

IMPLEMENTATION

The Superintendent shall appoint a designee to oversee implementation of this policy. The designee shall develop the local wellness plan, with appropriate administrative procedures to establish responsibilities, set annual performance measures, and furnish annual reports to the Superintendent regarding implementation of the plan. This policy shall be reviewed annually by the SHAC and the Board.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the local wellness plan, as well as the District's and each campus's level of compliance with the policy and plan.

Annually, the District shall assess and prepare a report of each campus's progress toward meeting the goals established in this policy and in the local wellness plan, including a summary of each campus's major activities and events.

PUBLIC NOTIFICATION

The District shall inform and update the public about the content and implementation of the wellness policy, including posting on its website a copy of the wellness policy and the local wellness plan, as well as a copy of the annual report.

RECORDS RETENTION

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