

<b>Wellness</b>	The District shall follow state and federal nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.
<b>Development, Implementation, and Review of Guidelines and Goals</b>	The District shall, in consultation with the local school health advisory council (SHAC), review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the District shall permit participation by parents, students, representatives of the District's food service department, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public. [See BDF for required membership of the SHAC.]
<b>Guidelines and Goals</b>	Part of the mission of the District is to improve the health of the entire community by teaching students and families ways to establish and maintain lifelong healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity, and food served in schools.
<b>Wellness Plan</b>	<p>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:</p> <ol style="list-style-type: none"><li>1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;</li><li>2. Objectives, benchmarks, and activities for implementing the wellness goals;</li><li>3. Methods for measuring implementation of the wellness goals;</li><li>4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and</li><li>5. The manner of communicating to the public applicable information about the District's wellness policy and plan.</li></ol> <p>The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.</p>
<b>Nutrition Guidelines: Foods and Beverages Sold and Provided</b>	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 reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance. [See CO]

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations or events. Campuses shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations. [See CO and FFA(EXHIBIT)]
2. Provide guidance to campuses requiring that birthday and/or school celebrations shall not occur in the cafeteria during meal serving time. Such events may take place at the end of the school day after the last scheduled class or after school.
3. Provide guidelines for schools requiring that foods and/or beverages shall not be used as rewards for academic performance, except when provided in a specific student's individualized education program (IEP) or behavior intervention plan.
4. Provide teachers with education and guidelines on the use of food for instructional purposes or as a reward in the classroom. [See FFA(EXHIBIT)]
5. Require that all foods of minimal nutritional value (FMNV), including chocolate and all forms of candy, not be sold, distributed, provided, or made available to students in kindergarten–grade 12 at any time during the school day. [See FFA(EXHIBIT)]
6. Require that all campuses, kindergarten–grade 12, not be involved in the sale of food or beverages for any fundraising activity during the school day. Fundraising activities that involve the sale of food and/or beverages shall take place outside the school day. [See CO]
7. Require that food and/or beverages offered to students and employees of the District during the day as a snack or meal, whether provided by parents or staff, shall be consistent with the goals of the policy and in compliance with the Federal Public School Nutrition Policy. [See CO]

**Wellness Goals**

Nutrition Promotion  
and Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAB] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District 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.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print media, newsletters, school lunch menus, and the District website. 0.

#### Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB and EHAC]

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 encourage parents to support their children's participation, to be active role models, to include physical activity in family events, and to participate in before-school and after-school physical activity programs.
3. 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.
4. 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 promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Implementation**

The coordinator of school health services shall oversee the implementation and development of this policy and measure and monitor the implementation of the wellness policy and appropriate administrative procedures.

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