

**District Wellness
Goals**

The District is committed to providing a school environment that enhances learning and development of lifelong wellness through example, curriculum, and an environmental enhancement.

To accomplish these goals:

1. Child nutrition programs shall comply with federal, state, and local requirements.
2. Child nutrition programs shall be accessible to all children [see CO(LEGAL) and (LOCAL)].
3. Schools shall adopt and implement an approved Coordinated School Health Program and shall educate, encourage, and support healthy eating by all students of all ages.
4. Schools shall provide opportunities for students to maintain physical fitness.
5. The District student health advisory council (SHAC), consisting of a variety of stakeholders, shall review the Local Wellness Policy for effectiveness at a minimum of every three years.

Nutrition Guidelines

All foods and beverages made available or sold on campus during the school day, including vending, concessions, a la carte, student stores, parties, and fund-raising, shall be consistent with the current Dietary Guidelines for Americans and U.S. Department of Agriculture (USDA) Smart Snacks [see CO(LEGAL) and (REGULATION)].

Carbonated soft drinks, such as regular and diet sodas, shall not be sold to students during the school day.

All foods made available or sold on campus shall adhere to food safety and security regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented [see CO(LEGAL) and (REGULATION)].

Guidelines shall be marketed through signage and flyers.

Nutrition Education

Sequential and interdisciplinary nutrition education shall be promoted and provided in curriculum such as Coordinated Approach to Children's Health (CATCH) curriculum and health and science classes. Nutrition information shall be shared with parents to encourage them to teach their children about health and nutrition [see EHAA and EHAB(LEGAL)].

A minimum of two annual nutrition education and promotional activities shall be conducted through the child nutrition department.

Physical Activity

Patterns of meaningful physical activity connect to students' lives outside of physical education. Physical activities shall be integrated across curricula and throughout the school days [see EHAA and EHAB(LEGAL)].

Time allotted for physical activity shall be consistent with state standards [see EHAB(LEGAL)].

School-Based Activities

All school-based activities shall be consistent with local wellness policy goals. Support for the health of all students shall be demonstrated by schools hosting health fairs, screenings, and other health-care assistance [see CO(LEGAL) and (REGULATION)].

The school environment shall be safe, comfortable, pleasing, and shall allow ample time for eating meals. Food and/or physical activity shall not be used as a reward or punishment.

Implementation

The school health index (SHI) shall be used annually to assess the level of implementation of a coordinated school health program at each campus. A yearly report on student wellness shall be presented to the student health advisory committee (SHAC) and to the Board. The report shall include implementation of wellness events and the health status of District students. The principal on each campus shall be responsible for ensuring that each school complies with the student wellness policy.