

**Wellness**

The District shall promote the general wellness of all students by implementing measurable goals to promote sound nutrition, physical activity, and student health and to reduce childhood obesity.

The District program shall maintain liaison with community health resources.

[See EHAA for information regarding the District's coordinated school health program.]

**Development,  
Implementation, and  
Review of Guidelines  
and Goals**

The District shall develop nutrition guidelines and wellness goals in consultation with the local School Health Advisory Council (SHAC). The local SHAC, on behalf of the District, shall review and consider evidenced-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

In development, implementation, and review of these guidelines and wellness goals, the SHAC shall permit participation from representatives of the student body, the District's food service provider, physical education teachers, school health professionals, school administration, the Board, parents, and members of the public.

[See BDF for required membership of the SHAC.]

**Wellness Plan**

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The plan shall include:

1. Strategies for soliciting involvement from persons interested in the wellness policy and plan;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan at least biennially.

**Nutrition Guidelines**

**Foods and  
Beverages Sold**

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, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

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Foods and  
Beverages Provided

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.

**Wellness Goals**

Nutrition Promotion  
and Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition. [See EHAA] 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.

Advertisements accessible to students on campus during the school day shall depict only products that meet the federal guidelines for meals and competitive foods. District personnel shall consistently promote healthy nutrition messages in the cafeteria, classroom, and other appropriate settings.

The District establishes the following goal for nutrition promotion:

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 and community members.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education to students, families, and staff that promotes the adoption and maintenance of healthy eating behaviors for students and the community.
2. Nutrition education shall be a District-wide priority and be integrated into other areas of the curriculum. The District's staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.

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]

Daily recess, defined as unstructured but teacher-monitored play, of 20 minutes minimum per day shall be provided on each elementary campus. Students may not be withheld from this activity, except as needed for instructional support. Participation in physical activity and or opportunities for physical activity shall not be withheld as punishment.

Physical education classes shall regularly emphasize moderate to vigorous activity.

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in 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 encourage teachers to integrate physical activity into the academic curriculum.
4. The District or campuses may offer before-school and after-school physical activity programs, and students shall be encouraged to participate. Additionally, students, parents, staff, and community members shall be encouraged to use the school's unlocked outdoor physical activity facilities outside the school day as available. [See GKD]

Other School-Based  
Activities

The District shall create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable

In addition, the District establishes the following goals for coordinated school health:

1. Campuses shall include in their Campus Improvement Plan strategies and performance objectives related to emotional wellness.
2. The District shall promote wellness for students and their families at suitable school activities.

Staff Wellness

The District shall promote preventative health services, including, but not limited to, vaccinations, mammograms, and annual preventative visits. The District Healthwise Committee shall offer staff wellness programs and/or opportunities to participate in staff wellness programs. This may include workshops and presentations on health promotion, education, and resources that will enhance morale, encourage healthy lifestyles, prevent injury, and foster exceptional role modeling. In addition, the District shall:

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1. Promote healthy eating and provide resources to support healthy eating habits.
2. Promote emotional wellness and stress reduction education for all employees. Promote employee wellness education and involvement at suitable school activities.

**Implementation**

The director of student health services and the director of child nutrition shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

**Evaluation**

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

Biennially, the SHAC shall assess and prepare a report of each campus's progress toward meeting the goals listed in this policy and in the wellness plan, including a summary of each campus's major activities and events tied to the wellness program.

**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 a copy of the wellness policy, the wellness plan, and the required implementation assessment.

**Records Retention**

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