

# Wellness

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## Introduction

Schools play a crucial role in establishing a healthy environment and active atmosphere in order to prevent childhood obesity. In order to promote this wellness each school must establish goals, set nutritional guidelines, have guidelines for reimbursable school meals, develop a plan to measure implementation, and have community involvement.

## Goals and Policies

- **Nutrition Education – Goals**

- Developing skills to adopt healthy eating behaviors in the classroom.
- Showing easy and fun ways to be physically active.
- Providing nutrition education in class, cafeteria, home, and community.
- Integrating into other subjects and cultures.
- Delivering consistent nutrition messages by staff with appropriate training.
- Incorporating ideas into education curricula.

- **Nutrition Education – Policies**

- Students in all grades will receive interactive nutrition education to emphasize the need for children to adopt a healthy lifestyle.
- Students will receive consistent nutrition messages throughout the School.
- Nutrition education will be integrated into the core curriculum to reinforce the importance and relevance of a healthy lifestyle.
- The School will ensure health content specific education is done by qualified individuals or outside partners.

- **Physical Activity – Goals**

- Developing the knowledge and skills for specific physical activities.
- Ensuring regular participation in physical activity.
- Understanding the short and long-term benefits of being physically active.
- Allowing the opportunity for physical activity during the school day.
- Providing after-school programs.
- Working with community to create a safe and supportive environment.

- **Physical Activity – Policies**

- Students will be given the opportunity for physical activity before school, at lunch, and after school.
- Students will be given the opportunity for intramural sports and games through athletic clubs and community partners.
- The School will work with the community to develop ways for students to become involved in more activities and to increase their overall physical activity.

- **Guidelines for all foods and beverages on school campuses – Goals**

- Ensuring that reimbursable school meals meet requirements and nutrition standards.
- Establishing standards for any food or beverage available to students throughout the day.
- **Guidelines for all foods and beverages on school campuses – Policies**
- The School will establish clear guidelines for all food and beverages provided on campus grounds.
- See list below for specific guidelines and details.
- **Other School-Based Activities – Goals**
- Providing a clean, safe, enjoyable meal.
- Allowing adequate time for eating schedules mid-day.
- Prohibiting use of food as reward or punishment.
- Forbidding the denial of recess as form of discipline.
- Accessing students to physical activity facilities out of school.
- Developing strategies for parents, teachers, community members to be role models.
- **Other School-Based Activities – Policies**
- The School will provide a clean and safe area for all meals.
- The School will ensure minimum wait time for students during meal time.
- The School will ensure a working drinking fountain is available to students.
- The School will protect the identity of all students with regards to the free and reduced meal program.
- The School will ensure an adequate length of time for lunch.
- The School will schedule lunch as close to the middle of the day as possible.
- The School will not use the refusal of food as a punishment in school.

#### **Nutrition Guidelines**

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them in their daily environment. Schools must establish guidelines to address all consumable items sold and served on school campus.

- Guideline 1: Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- Policy: The School does not allow a la carte sales on our campus.
- Guideline 2: Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- Policy: The School does not allow vending machines on our campus.
- Guideline 3: Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- Policy: All School activities in which food and beverage are to be served must meet state standards for child nutrition to be no less strict than the school lunch program. In addition all meals used for School fundraisers must be prepared and served by a licensed provider in order to ensure proper handling and safety guidelines.
- Guideline 4: Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- Policy: All parties or rewards held for children during the day including field trips will meet the same standards as the school lunch program.
- Guideline 5: The school district makes decisions in the guidelines based on nutrition goals, not on profit making.

- Policy: The School will gain no profit and no other financial benefit from any food program on the campus which may harm the wellness of the children. As stated before, if a fundraiser is to include food or beverages it must comply with state lunch program standards. In addition, any funds remaining from state reimbursement after paying the catering company for school lunches will go into further nutrition education or healthy rewards for children.

#### **Guidelines for Reimbursable School Meals**

Guidelines for reimbursable school meals must not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. Districts must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

- Policy: The School will comply with all guidelines and laws set forth for meal programs.

#### **Plan for Measuring Implementation**

A plan for measuring implementation of local wellness is required and includes designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.

- Policy: All compliance is handled by the School's Director. The Director is responsible for making sure each area of the food program is in compliance and the wellness policy has been established and enforced within the School. In addition all requests for food or beverage to be served on the campus in any form for the children must be approved by the School's Director.

#### **Community Involvement**

Community involvement includes parents, students, and representatives of the school food authority, the Board of Trustees, School administrators, and the public in the development of the School Wellness Policy.

- Policy: The School has addressed the Wellness Policy issue with the parents, Board of Trustees, and staff to determine the best methods for helping the children. The policies in place reflect what all concerned parties believe give the children the best chance for focus, energy, and performance during the day. In addition the policies give parents some assistance in planning for nutrition at home with the student. This policy will be renewed each year after receiving new input from all parties including the Board of Directors, staff, and parents.