

Wellness Program

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Nutrition Guidelines

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. The superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

Nutrition Education

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of goals as described in guidelines established for these purposes and contained in the Principals' Handbook.

Physical Education

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of goals as described in guidelines established for these purposes and contained in the Principals' Handbook.

Other School-Based Activities

The superintendent or designee shall develop procedures that promote attainment of goals related to other school-based activities to promote wellness as described in guidelines established for these purposes and contained in the Principals' Handbook.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals contained in the Principals' Handbook. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the Superintendent or designee.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level, or to the school principal at the school level.