

## **SCHOOL WELLNESS POLICY**

The Governing Authority is committed to providing an environment that promotes student wellness through nutrition promotion and education, physical activity, and other school activities.

### **Goals for Nutrition Promotion and Education**

- A. The Child Nutrition Programs shall be accessible to all children.
- B. Sequential and interdisciplinary nutrition education is provided and promoted.
- C. A variety of healthy foods and beverages are made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day that follow nutrition guidelines that are consistent with federal law and promote student health and reduce childhood obesity.
- D. All food made available by the food service department on campus adhere to food safety and security guidelines.
- E. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- F. If food is to be used as a reward for the completion of academic tasks or projects, it shall follow nutrition guidelines that are consistent with federal law and promote student health and reduce childhood obesity.

### **Goals for Physical Activity**

- A. Physical activity for students is encouraged outside of Physical Education class.
- B. Physical activity is encouraged for all employees as a means to improve physical and mental health.
- C. Physical activity should not be used as a punishment for the non-completion of academic tasks or projects.

### **Goals for Other School-Based Activities**

- A. Sequential health education concerning communicable diseases and their prevention is provided and promoted.
- B. All school-based activities are consistent with local wellness policy goals.

- C. Students, staff, parents, and visitors are prohibited from using tobacco on school premises, in school vehicles, and at school functions.
- D. Tobacco, alcohol, illegal drug advertising (including, but not limited to all clothing: t-shirts, pants, hats) on signs in school buildings, at school functions, and in school publications is prohibited.
- E. Require that all students receive instruction on avoiding tobacco, illegal drugs, and alcohol use.
- F. Help students who violate smoking policies to quit smoking rather than just punishing them.
- G. Recommend smoking cessation programs for staff.

### **Nutrition Guidelines**

All foods available in schools of the School during the school day shall comply with nutritional requirements that are consistent with federal law and promote student health and reduce childhood obesity.

### **Development, Dissemination, and Evaluation of Policy**

Parents, students, representatives of the School's food service department, teachers of physical education, school health professionals, members of the Governing Authority, School administrators, and the general public are permitted to participate in the development, implementation, and periodic review and update of this Policy.

The Superintendent shall arrange for the periodic measure and assessment of the implementation of the Policy, including:

- A. The extent to which the School is in compliance with the Policy;
- B. The extent to which the Policy compares to model local school wellness policies; and
- C. A description of the progress made in attaining the goals of the Policy.

The Superintendent or his/her designee annually shall inform and update parents, students, and members of the community about the content and implementation of this Policy, and shall make available the periodic assessments of the implementation of this Policy.

Adopted: August 2013

Reviewed: December 2018

Reviewed: August 2019

Reviewed: September 2020

Reviewed: September 2021

Reviewed: September 2023