BOARD POLICY

STUDENTS 5144A

SUBJECT: Wellness

The Sewanhaka Central High School District is committed to providing a school environment that promotes and protects children's health, well being and the ability to learn by supporting healthy eating and physical activity. Pursuant to \$204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, the District establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

Nutrition Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well being". The District adopts the following nutrition guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

- Students in grades 7-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors and provide them with the knowledge and skills to promote and protect their health;
- Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and teachers;
- Students shall receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community and media and school based marketing will be consistent with nutrition education and health promotion;

- The school district shall provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals;
- District health education curriculum standards and guidelines shall include both nutrition and physical education;
- Nutrition educational activities shall be integrated into the health education and Family and Consumer Sciences;
- Staff who provides nutrition education shall have appropriate training and shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;
- Students shall have access to a variety of affordable, nutritious and appealing food choices that meet their health and nutrition needs and which accommodate the ethnic and cultural diversity of the student body;
- Students shall be encouraged to start each day with a healthy breakfast and participate in the school breakfast program available in each of our schools;
- Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted as recommended by current USDA Dietary Guidelines for Americans;
- Caloric balance between food intake and energy expenditure (physical activity/exercise) shall be emphasized;
- The District's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active healthy lifestyle. The District adopts the following physical activity guidelines:

- Students shall be given opportunities for physical activity during the school day through physical education class.
- Students shall be given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramural and interscholastic athletics;
- Schools shall encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events;
- Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;

Other School Based Activities Goals

It shall be the District's goal to create a school environment that provides consistent wellness messages and promotes healthy eating and physical activity. In accordance with this goal, the District adopts the following guidelines:

- There shall be a clean, safe, enjoyable meal environment for all students that includes adequate time to enjoy eating healthy foods with their friends;
- There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time;
- There shall be drinking fountains available in all schools so that students can get water at meals and throughout the day;
- Students shall be encouraged to participate in school meals programs. The identity of students who eat free and reduced price meals will be protected;
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of the District;
- The District shall encourage that fundraising efforts and school events such as dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity;

Establishing Nutrition Standards

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. The District establishes the following program requirements and nutrition standards to address foods and beverages sold or served to students:

- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and sugars, and moderating portion size;
- Every effort will be made to ensure that food and beverages made available (including vending machines,

- a la carte, fundraising, school stores, school celebrations and curriculum-related activities during the school day) shall be consistent with the current USDA Dietary Guidelines for Americans;
- Food providers shall offer a variety of age appropriate healthy food and beverage selections.
- All foods made available shall adhere to food safety and security guidelines;
- Nutrition information for products offered a la carte, vended and sold at school stores will be available upon request;
- Students shall be discouraged from sharing their food or beverages with one another given concerns about allergies and other restrictions on students' diets;
- Families, teachers, students and school officials shall be involved in selecting food selections for their schools in order to identify new, healthful and appealing food choices;
- The District Food Service Director shall make decisions on these guidelines based on nutrition goals, not on profit.

Foods and Beverages Sold Individually

Foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, fund raising activities, or concessions) shall include a variety of healthy choices and adhere to Food Safety and Sanitary Guidelines.

Goals for Measurement and Evaluation

This policy shall be evaluated and monitored on an annual basis. The District shall designate the Assistant Superintendent for Finance and Operations who shall be charged with the responsibility of ensuring that the District meets the goals of this policy and that individual shall report on the school district's compliance to the Superintendent.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the District's Wellness policy.