

Local Wellness Policy

Descriptor Code: EEE-R

The Superintendent or designee will oversee local school compliance with federal guidelines regarding local school wellness policy requirements contained in Section 204 of Public Law 108-265, Child Nutrition, WIC Reauthorization Act of 2004 and Section 204 of Public Law 111-296 Healthy, Hunger-Free Kids Act of 2010.

Nutrition Education and Promotion

The school system shall teach, encourage, and support healthy eating and wellness habits by students.

1. The primary goal of nutrition education is to teach the skills that will positively influence students' eating behaviors.
2. During the school day, the school system will promote healthy eating habits throughout the school environment as defined by Nutrition Standards for All Food Sold in School by the Healthy, Hunger-Free Kids Act of 2010 (e.g. cafeteria, a la carte, snack bars/school stores, classroom snacks, ASP snacks, vending, non-exempt fundraising).
3. The school system will promote nutrition education consistent with federal and state laws, standards, and regulations.
4. The lunchroom menu will model well-balanced meals.
5. Consistent nutrition messages will be reinforced throughout the school, classroom, cafeteria, home, community, and media.
6. School-based marketing will be consistent with nutrition education and health promotion that allow marketing and advertising of only those foods and beverages that meet smart snacks in school nutrition standards.

Physical Education and Physical Activity Goals

The school system will provide a program of physical education consistent with federal and state laws, standards, and regulations.

1. The primary goal of the physical activity component in each school is to provide opportunities for every student to develop the knowledge and competencies necessary to perform a variety of motor skills through physical activity, maintain physical fitness,

regularly participate in physical activity, and understand the short- and long-term benefits of physical activity as it relates to healthy living.

2. Students will be given opportunities for physical activity during the school day through daily recess periods (grades K-5), as well as, required and elective physical education (PE) classes (all grades).

3. Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities including cooperative and competitive games.

4. Recreational facilities are safe, clean, and accessible for all students.

Nutrition Standards

1. The School Nutrition Program will provide reimbursable school meals that comply with nutrition standards set forth under relevant federal, state, and local regulations.

Students will be provided a choice of menus or items within required food selections in all schools and may refuse some food items offered.

2. Nutrition standards for all foods sold to students on school campuses during the school day shall comply with Healthy, Hunger-Free Kids Act of 2010 (see Form EEE-2).

3. The school should promote an overall school environment that encourages students to make healthy food choices.

Other School-Based Activities

Schools should consider local wellness goals when developing classroom strategies and planning all school-based activities, including after-school programs, field trips, dances, assemblies, classroom parties, and other school events that provide consistent wellness messages conducive to healthy eating and a physically active lifestyle. Therefore schools should:

1. Promote and encourage alternatives to food as a reward or punishment.
2. Refrain from withholding physical activity or recess for low-level disciplinary reasons.
3. Encourage opportunities for physical activities outside of recess and physical education.
3. Provide a clean and safe meal environment.
4. Encourage healthy eating during any class celebrations, classroom snacks brought by

parents or other foods given as incentives.

Implementation

1. Schools shall establish and maintain a Local School Wellness Committee to incorporate input of stakeholders including the public, students, and health and physical education professionals. The annual goal of the Local School Wellness Committee will support this Regulation and the school's wellness plan governing wellness for students.
2. The Local School Wellness Committee will assess the school's physical activity, healthy eating, and overall school-wellness initiatives to develop the school's wellness plan.
3. To improve communication with the public and support the school wellness initiatives, information on nutrition, physical activity and physical education shall be made available through student folders, newsletters, websites, school-sponsored activities, bulletin boards, or other appropriate home-school communications.
4. Each school shall establish a designee(s) to measure and monitor implementation of this Rule annually by utilizing the standard instrument developed by the District Wellness Policy Committee (See Form EEE-1).
5. The principal or designee will maintain records including receipts, nutrition labels, and product specifications for competitive foods.
6. The principal will support the School Wellness Representative and the Local School Wellness Committee to fulfill the school's wellness plan.
7. The superintendent or designee will conduct an assessment of the wellness policy every 3 years at a minimum to determine compliance and progress made in attaining goals. Assessment will be made available to the public through appropriate media including posting on the district's website.