

## 5420

### Wellness Policy

The School District is committed to providing a school environment that enhances learning and the development of lifelong wellness.

1. Goals for Nutrition Education
  - a. The health curriculum will include information on good nutrition and healthy living habits.
  - b. Teachers will incorporate information on nutrition and wellness into the classroom curriculum as appropriate.
2. Goals for Physical Activity
  - a. The physical education curriculum shall include instruction on physical activity and habits for healthy living.
  - b. Students will be encouraged to engage in physical activities through a school day.
  - c. The District encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
3. Goals for Other School-based Activities Designed to Promote Student Wellness
  - a. Students will be provided sufficient time in which to eat school-provided meals.
  - b. The District's lunchrooms will be attractive and well lighted.
  - c. The District will allow other health-related entities to use school facilities for activities such as health clinics and screenings so long as the activities meet the District's requirements and criteria for the use of facilities.
4. Nutrition Guidelines
  - a. Food providers will take measures to ensure that student access to foods and beverages meet federal, state and local laws and guidelines.
  - b. Food providers will offer students a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
5. Community Advisory Committee
  - a. The superintendent of schools shall create a community advisory committee which will include at least one member from each of the following groups: parents, teaching staff, food service staff, students, and the community at large.
  - b. The committee will meet at least twice during the school year. The District's head cook will be chair the committee.
  - c. The committee will review this policy, suggest possible revisions, and submit its suggestions to the board of education before the regularly scheduled board meeting in March.
  - d. The head cook is responsible for coordinating the implementation of this policy and for monitoring the District's progress in meeting the goals established by this policy. Prior to the regularly scheduled board meeting in March, the head cook

will submit a report to the board on the District's progress in implementing this policy.

Adopted March 10, 2006