



721.1 WELLNESS

I. PURPOSE

The School District believes that establishing healthy behaviors and habits relating to nutrition and physical activity are critical to a successful school career. These behaviors and habits will serve as a foundation for a healthy lifestyle during adulthood.

II. GENERAL STATEMENT OF POLICY

This policy will provide guidelines to create an optimal learning environment to support student health through education, healthy food choices, and physical activity so that students can be successful. To achieve this purpose this policy will endeavor to:

- A. Establish nutrition guidelines for all food choices made available to students through the District.
- B. Establish guidelines for students' physical activity.
- C. Ensure information is shared with staff, families, and the broader community to positively impact student health and to serve as role models for students.
- D. Ensure basic nutrition education and the importance of physical activity be incorporated into all levels of education.

III. NUTRITION EDUCATION AND PROMOTION

Given that schools are well positioned to provide credible nutrition education, the South Washington County School District will endeavor to:

- A. Provide evidence-based nutrition information, which includes ~~un~~healthy eating and lifestyle choices.
- B. Review the health curriculum including education, to align with the established curriculum review cycle.
- C. Include nutrition education in all elementary grades and required secondary classes in health or another appropriate course.
- D. Integrate nutrition education into other curricular areas and encourage District Nutrition Services staff to reinforce the nutrition curriculum.
- E. Provide ongoing healthy nutrition education opportunities at all schools and within programs.
- F. Encourage students, staff and families to make healthy food choices at school and home.

IV. PHYSICAL ACTIVITY

Developing active, fit, and healthy students requires the integration of physical activity into school life. Quality Physical Education in conjunction with co-curricular activities and recess enables students to develop physical competence, health related fitness, self-responsibility, and enjoyment of movement so that they can be physically active for a lifetime. For purposes of this policy physical activity is defined as any body movement produced by skeletal muscles that results in an expenditure of energy.

Recognizing the importance of physical activity to a learner's physical and emotional well-being and academic achievement, the South Washington County School District will endeavor to:

- A. Provide evidence-based fitness information to students through a well-articulated curriculum.
- B. Promote a physically active lifestyle for students.
- C. Provide physical activity options for students in all grade levels.
- D. Provide all elementary students with 30 minutes a day 4 times a week of physical activity through physical education classes and regularly scheduled physically active recess.
- E. View recess as an education support component in K-5 that should be provided on a regular basis.
- F. Provide elementary teachers with training to support physical activity of students during recess.
- G. Encourage staff to integrate physical activity into the curriculum whenever appropriate.
- H. Partner with nonprofit agencies, athletic clubs and organizations, city park and recreation departments, and Community Education to more effectively articulate programs to families.
- I. Encourage families to be physically active with their children at home and in the community.
- J. Review the physical education curriculum regularly through the Curriculum Review Cycle.

V. NUTRITION SERVICES PROGRAM

The South Washington County School District recognizes that good nutrition during the school year is vitally important for helping children grow strong, succeed in school, and establish healthy habits for a lifetime. School meals offer a variety of healthy choices that are tasty, attractive and of excellent quality that meet and/or exceed the nutrition standards established by the United States Department of Agriculture. Recognizing the

importance of the impact of healthy eating habits on student success, the District will endeavor to:

- A. Incorporate whole grains into the Nutrition Service Program.
- B. Offer and promote a minimum of 2 choices of fruits and/or vegetables at each school meal.
- C. Utilize marketing strategies to promote healthy food choices.
- D. Provide drinking water at no charge to students.
- E. Minimize barriers to apply for free or reduced meals for students.
- F. Recognize the needs of students with special dietary needs due to a chronic health condition or allergies.
- G. Incorporate efficient serving methods so students have adequate time to eat.
- H. Align all à la carte beverage offerings to reflect the beverage vending guidelines.
- I. Ensure that all à la carte food options meet USDA nutrition standards.

VI. FOOD AND BEVERAGES

Good nutrition is linked to better learning. The environments in which we live affect the food choices we make. Schools and the community have an obligation to provide high quality, nutritional food choices to shape life-long healthy food habits. Realizing that some beverages and food of minimal nutritional value can jeopardize a student's health and nutrition, the South Washington County School District will endeavor to:

- A. Assure that all future food and beverage vending contracts are negotiated to include:
 - a. Elementary students will not have access to food and beverage vending machines at school.
 - b. Secondary students may have access to vending machines with healthy food/beverage options.
- B. Encourage all District-sponsored programs that serve foods and snacks comply with the USDA's requirements.
- C. Encourage organizations and individuals bringing food and/or beverages into the school to comply with USDA requirements.
- D. Minimize the use of food as a reward. If food is used as a reward it should follow the USDA's requirements.
- E. Encourage food/beverages used by District sanctioned organizations as fundraisers to make healthy food choices.
- F. Recognize the needs of students with special dietary needs due to a chronic health condition or allergies.

VII. COMMUNITY COLLABORATION

- A. Communications with Parents
 - a. South Washington County School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. South

Washington County School District will share information about healthy food options available in school and suggestions for home.

- b. South Washington County School District will provide information about physical education and other school-based physical activity opportunities before, during and after the school day and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

B. Product Marketing

- a. Product marketing will be consistent with nutrition education and health promotion. The promotion of fruits, vegetables, whole grains, lean proteins and low-fat dairy products is encouraged.
- b. Schools and educational programs are encouraged to consider nutritious products, competitive pricing, and product placement and promotion strategies for the consumption of healthy foods.

C. Opportunities Before and After School

- a. South Washington County School District provides opportunities for all students to participate in co-curricular activities, extra-curricular activities, Community Education programs, community and family activities that promote physical activity.
- b. South Washington County School District and individual schools will offer a range of activities that meet the needs, interests and abilities of all students.
- c. South Washington County School District provides community use of its facilities for physical activity outside of the normal school day consistent with the District's facility use policy.
- d. After school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

VIII. IMPLEMENTATION AND MONITORING

District policies are regularly reviewed by the Board of Education and revised as necessary or appropriate.

Cross References: District Policy 533 (Wellness)
District Policy 720 (Vending Machines)

POLICY ADOPTED: May 24 2007

POLICY REVIEWED: February 2009; May 2011

POLICY REVISED: March 26, 2009; June 16, 2011, August 20, 2015