

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Education. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's food service program;
- d) The School Board;
- e) School administrators; and
- f) Members of the public.

The District Wellness Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the wellness policy for the District.

Goals to Promote Student Wellness

Taking into account the parameters of the School District (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being.

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where District decision-making related to nutrition and physical activity encompasses all aspects of the school.

Nutrition Guidelines

The District Wellness Committee will recommend which nutrition standards will be established for all foods available on school campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Vending machines, snack bars, school stores, concession stands, and other food outlets

Access to vending machines, snack bars, school stores, concession stands, and other food outlets on school property will be limited to the times when lunches are not being served.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act, the Richard B. Russell National School Lunch Act and the Healthy Hunger-Free Kids Act of 2010, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

In accordance with law, the District's wellness policy must be established by July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters and/or the District calendar. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

The District shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. Accordingly, the Superintendent shall designate one or more staff members within the District or at each school as appropriate to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Designated staff members may include, but are not limited to, the following personnel:

- a) Administrators;
- b) School health personnel including the school nurse and the health and/or physical education teacher; and
- c) School Food Service Director.

These designated staff members shall periodically report to the Superintendent on the District's compliance with the wellness policy (or, if done at the building level, to the School Principal) and the Superintendent shall inform the Board of such findings. The Superintendent/designee shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the wellness committee, parent-teacher organizations, Building Principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

These designated school officials will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Communication with and training for teachers, parents, students, and food service personnel will be an integral part of the District's implementation plan.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students' active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement such as letters of recognition and acknowledgment will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, a web site, or such other "point-of-purchase" materials.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

Child Nutrition and WIC Reauthorization Act of 2004
Public Law Section 108-265 Section 204
Richard B. Russell National School Lunch Act
42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966
42 United States Code (USC) Section 1771 et seq. 7
Code of Federal Regulations (CFR) Section 210.10
[http://www.access.gpo.gov/nara/cfr/waisidx0517cfr21.05.ht](http://www.access.gpo.gov/nara/cfr/waisidx0517cfr21.05.html)
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Adopted: 1/4/07
Revised: 03/05/15

SUBJECT: SCHOOL EMPLOYEE WELLNESS POLICY

Many actions and conditions that affect the health of school employees may also influence the health and learning of students. The physical and mental health of school employees is integral to promoting and protecting the health of students and helps foster their academic success. The establishment of the School Employee Wellness Program may accomplish the following:

- a) Promote health and reduce health risk behaviors of employees, and
- b) Identify and correct conditions in the workplace that can compromise the health of school employees, reduce their levels of productivity, impede student success, and contribute to escalating health-care costs.

***Elements of a Comprehensive School Employee Wellness Program include the following:**

- a) Health education and health-promoting activities that focus on skill development and lifestyle behavior that change along with awareness building, information dissemination, and access to facilities, and preferably are tailored to employees' needs and interests;
- b) Safe, supportive social and physical environments, including organizational expectations about healthy behaviors and implementation of policies that promote health and safety and reduce the risk of disease;
- c) Integration of the worksite program into the school or District structure;
- d) Linkage to related programs such as employee assistance programs, emergency care, and programs that help employees balance work and family life;
- e) Worksite screening programs, which ideally are linked to medical care to ensure follow-up and appropriate treatment as necessary;
- f) Individual follow-up interventions to support behavior change;
- g) Education and resources to help employees make decisions about health care; and
- h) An evaluation and improvement process to help enhance the program's effectiveness and efficiency.

***(Adapted from Partnership for Prevention. Healthy Workforce 2010: An essential health promotion sourcebook for employers, large and small. Washington, DC: Partnership for Prevention, 2001.)**

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SUBJECT: SCHOOL EMPLOYEE WELLNESS POLICY (Cont'd.)**Community/School Groups Essential for Establishing, Implementing, and Sustaining Effective School Employee Wellness Programs**

Although the District welcomes and encourages participation from all District residents and staff, the following four (4) community/school groups are considered essential for establishing, implementing, and sustaining an effective school employee wellness program:

- a) School personnel who implement the existing wellness programs, as applicable, in the District. They are most likely to be the same professionals who implement health programs for students: school health coordinators, school physicians, school nurses, psychologists, health educators, nutrition professional, and counselors.
- b) Decision makers who have the authority to approve policies and provide the administrative support essential for a successful employee wellness program include School Board members, Superintendents, human resources administrators, fiscal services administrators, and Building Principals.
- c) Employees who will benefit from the wellness programs - "Employees" are not limited to the instructional staff (teachers and instructional aides) but include administrators and all support staff. In addition to the employees, bargaining units that represent them may be interested in understanding these benefits.
- d) Community Stakeholders - Stakeholders in the community who share the mission of improving the health of all residents include officials in public health and voluntary agencies, health care providers, and parents.

The decision to offer wellness activities will generally be based on a survey of potential participants' interests and motivation, the availability of facilities and resources, and the interests and skills of the health coordinator(s), support staff or volunteers.