

AG III-17. Wellness

Schools play an important role in developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The effort to support students' development of healthy behaviors and habits must be collaborative between staff, parents, and the community at large. The District has the following goals to enable students to establish good health and nutrition habits:

- A. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
- B. Nutrition education shall include opportunities for appropriate student projects related to nutrition and involving, when possible, community agencies and organizations.
- C. Nutrition education posters will be displayed in the cafeteria.
- D. Nutrition education shall extend beyond the school by engaging and involving families and the community.
- E. Physical education shall be included in the sequential, comprehensive curriculum in accordance with the curriculum standards and benchmarks established by the State.
- F. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- G. Physical education planned instruction shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- H. Physical activity shall not be employed as a form of discipline or punishment.
- I. Physical activity and movement shall be encouraged across the curricula and throughout the school day.
- J. Physical activities that are age-appropriate and promote healthy habits of lifelong physical activity shall be provided throughout the school day (e.g., recess, after school clubs, and interscholastic sports).

The District shall create an environment encouraging healthy eating habits, including offering a variety of fresh produce; whole grain products; fat-free and low-fat milk; and meals designed to meet specific calorie ranges for age/grade groups.

The Superintendent shall appoint a District wellness committee comprised of parents, students, representatives of the school food staff, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation, and periodic update of the wellness policy. The Wellness Committee shall be chosen annually.

The Wellness Committee shall be responsible for:

- A. Assessment of the current school environment;
- B. Review of the District's wellness policy;
- C. Presentation of the wellness policy to the school board for approval;
- D. Measurement of the implementation of the policy; and
- E. Recommendation for the revision of the policy, as necessary.

The Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Wellness Policy will be assessed at least once every three (3) years to determine which schools in the District are in compliance with the District policy, how the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy.