

**Wellness Policy**

The School believes that children and youth who begin each day as healthy individuals can learn more and better, and are more likely to complete their formal education. The School also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to student wellness.

**Nutrition.**

Academic performance and quality of life issues are affected by the choice and availability of good foods in the School. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Nutrition guidelines for all foods offered by the School, shall require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. Nutrition policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations and guidance. A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff. All beverages served in the School shall include: water, 100% fruit juice, non-carbonated drinks with less than 150 calories per container, non-fat, low-fat, plain or flavored milk, other non-carbonated drinks.

Nutrition services shall support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

**Health Education and Life Skills.**

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Each school shall provide for an interdisciplinary, sequential skill-based health education program. Students shall have access to valid and useful health information and health promotion products and services. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### Physical Education and Activity.

Physical education shall be taught by a qualified School staff member. Physical education and physical activity shall be an essential element of each School's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

### Physical Education Program.

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Participation in such physical activity shall be required for all students for a minimum of thirty minutes, three days a week, or the equivalent. Such instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.

### Family, School and Community Partnership.

Long term effective partnerships improve the planning and implementation of health promotion projects and events within the School and throughout the community. Family, student and community partners shall be included on an ongoing basis in School wellness planning processes. The equality and diversity of the School shall be valued in planning and implementing wellness activities. Community partnerships shall be developed and maintained as a resource for School programs, projects, activities and events. The School shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the School or throughout the community. The School shall appoint a School staff member to assure that the School is complying with this policy.