

## **STUDENTS - Series 500**

### **504 Student Health and Safety Regulations**

#### **504.13 Wellness Policy**

The purpose of this policy is to promote healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. In efforts to promote a healthy environment, prevent diet-related childhood chronic illnesses (diabetes, high blood pressure), and decrease childhood obesity, the district will support modifications in the areas of nutrition and physical activity. By facilitating learning through these efforts, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The West Branch Community School District shall establish a District Nutrition and Physical Activity Advisory Council. The council shall be charged with recommending revisions to the policy as the council deems necessary and/or appropriate.

The goals of this Wellness Policy are as follows:

1. Nutrition Education.

Nutrition education shall be provided in a comprehensive format by instituting consistent nutrition messages throughout the school, not just the classroom. Foodservice staff and teachers shall coordinate to develop the nutrition education offered by the District.

2. Physical Activity

Students shall be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and by encouraging teachers to integrate physical activity into the academic curriculum.

Students shall be given opportunities for physical activity through a range of school programs, including, but not limited to, intramurals, interscholastic athletics, and other physical activities.

3. Other School-Based Activities Designed to Promote Student Wellness

The District shall develop additional school-based activities designed to promote student wellness. The activities may include, but are not limited to the following areas:

- A. Programs and/or activities to promote a dining environment that encourages student wellness by:

- a. providing a safe, clean and enjoyable meal environment,
- b. providing ample space and serving areas to assure students have access to meals with minimal wait time,

- c. encouraging all students to participate in school meals programs.
- B. Timing and scheduling of meal times to promote student wellness by offering lunch as near the middle of the school day as possible.
- C. Prohibitions against using food or physical activity as a reward or as a form of discipline.
- D. Consistent wellness messages in school activities and in the school environment by:
  - a. requiring or encouraging healthy food choice options be made available to students at any school function (parties, celebrations, receptions, sporting events, etc.), and
  - b. encouraging nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.

In addition to the above mentioned goals, the District shall set nutrition guidelines for all food available on the District's campus during the school day with the objective of promoting student health and reducing childhood obesity.

Any guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Action and National School Lunch Act.

Adoption Date: June 12, 2006

Review Date:

Revision Date: