

## LOCAL WELLNESS

It is the policy of the Board of Education, pursuant to the National School Lunch Act and the Child Nutrition Act of 1966, that:

- A. Nutrition education shall be integrated into the district health curriculum at all academic levels consistent with the State's health education standards. The curriculum shall include the following goals:
  - 1. Increase students' nutritional knowledge, including, but not limited to, the benefits of healthy eating, essential nutrition, weight management, safe food preparation, handling and storage.
  - 2. Increase students' understanding of food labels, nutritional information and misinformation as well as commercial food advertising.
- B. The benefits of physical activity shall be integrated into the district physical education curriculum and health curriculum at all levels and implemented within the school on a regular basis to meet the following goals:
  - 1. Time in the elementary school day for supervised recess.
  - 2. Opportunities and encouragement for students to voluntarily participate in the before and after school physical activity programs.
- C. The district shall provide food to students in accordance with State and Federal nutritional guidelines and include:
  - 1. A food service program that employs well prepared staff who serve appealing choices of nutritious food.
  - 2. Opportunities for staff to model healthy eating habits.
  - 3. A clean, safe, enjoyable meal environment for students.
- D. The school district guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1), 1766 (A) 0), as applied to school.
- E. A plan for measuring implementation of this policy shall be created and monitored by the Superintendent or designee and the Board further designates the responsibility of ensuring the school district meets the criteria of this policy to the Superintendent or designee. The plan shall include the following:
  - 1. Methods of reporting on program implementation;
  - 2. Methods for collection and evaluation of results of the program;
  - 3. Strategies for identifying weak area of the program and means for improving those areas;
  - 4. Means for ensuring various components of the program are integrated within the basic operation of the district and are designed to reinforce one another and present consistent messages to student learning.

- F. Local Wellness Policies and Procedures shall be developed in conjunction with parents, students, representatives of the school food authority, representatives of the school administration, and members of the public.

Ref: Child Nutrition Act of 1966

Richard B. Russell National School Lunch Act

Adoption date: November 10, 2005