

WELLNESS POLICY

The Lu Verne board promotes 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. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The Lu Verne school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The Lu Verne school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The Lu Verne school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The Lu Verne school district will participate in a county-wide wellness policy committee comprised of representatives of administration, students, school nurses, public health professionals, food service personnel, curriculum directors, health and physical education personnel, and other participants as deemed necessary. This committee will develop measurable goals, a plan of implementation, and a tool to evaluate and monitor the effectiveness of the policy. The representative on the committee will report to the board annually regarding the effectiveness of this policy.

Specific Wellness Goals

- Nutrition guidelines for all foods available on campus. (Attachment 1)
- Physical Activity (Attachment 2)
- Specific goals for nutrition education (Attachment 3)
- Other school-based activities that are designed to promote student wellness (Attachment 3)

The board will monitor and evaluate this policy (Attachment 4)

Approved 02/03/12

Reviewed 5/1/12

Revised _____

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.6 Student Activity Program
710 School Food Services

Attachment 1

Establishing Nutrition Standards for all Foods available on School Campus during the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Goals:

- 1) 25% of all students in grades K-12 will participate in the school breakfast program
- 2) Elementary recess will be offered prior to lunch-time if possible
- 3) Student access to pop and vending machines containing FMNV (foods of minimal nutritional value) will not be available during the school day.
- 4) All food fundraising, including concession stands, activities will offer at least one healthy alternative.
- 5) Parents and teachers will be encouraged to offer healthy alternatives for snacks and rewards.
- 6) The district will disseminate a list of healthy snack alternatives for celebrations at least 3 times during the year utilizing existing communication venues.
- 7) The food service program will continue to follow and meet nutrition requirements established by local, state, and federal law.
- 8) The food service program will give students the choice of low-fat, fat free milk and nutritionally equivalent non-dairy alternatives daily.
- 9) All foods available on the campus comply with the state and local food safety and sanitation regulations.
- 10) Any person or group utilizing school food service facilities will review and complete the food service checklist to assure food safety and security.

Attachment 2

Physical Activity Goals

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and-long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main goal is to assist students in establishing life-long physical activity habits.

Goals:

- 1) Physical education requirement for K-12 will meet or exceed the Department of Education requirements.
- 2) Physical education classes will include students with disabilities
- 3) Physical education classes will encourage moderate to vigorous activity.
- 4) Elementary schools will make every effort to provide recess time for students daily.
- 5) Recess will be outdoors when possible.
- 6) Recess will encourage moderate to vigorous activity by providing adequate space and equipment when possible.

Attachment 3

Nutrition Education and Promotion

The primary goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well-being,” (ADA 1996), is to influence student’s eating behaviors.

Health promotion goals seek to utilize many different venues to encourage the adoption of healthy lifestyle choices by students and faculty.

Goals:

- 1) Nutrition education and promotion will be included in subject areas when appropriate.
- 2) Efforts will be made to promote fruits, vegetable, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. These efforts will link with school meal programs, other school foods and nutrition related community services when possible.
- 3) Coaches of athletic programs will share with student participants the special nutritional/hydration needs of athletic participants.
- 4) Opportunities for physical activity will be incorporated into other subject areas as appropriate.
- 5) Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.
- 6) Efforts will be made to work with other community agencies to promote and educate on the importance of healthy lifestyle choices when appropriate.
- 7) Staff will be encouraged to participate in activities that support a healthy lifestyle.

Attachment 4

Plan for monitoring and evaluation

This component includes the district designee responsible for overseeing the wellness policy, monitoring and evaluation implementation, and reporting on the status of the policy to the school board, parents, and the community.

The wellness committee will meet semi-annually to review the progress made towards meeting the goals set in each area of the wellness policy. This committee will assist each district designee in preparing a yearly summary report on district-wide compliance with the wellness policy.