

STUDENT WELLNESS

As required by law, the Board establishes the following wellness policy for the District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and wellbeing and his/her ability to learn. Moreover, schools can play an important role in the 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 Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It is necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

With regard to nutrition education:

1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives.
2. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products.

7. Instructions related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

With regard to physical activity:

1. Physical Education

- A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the state.
- B. All students in grades K-6, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for 60 minutes one to two days per week for the entire school year.
- C. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes and skills necessary to participate in lifelong, health-enhancing physical activity.
- D. Physical education classes shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- E. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- F. The sequential, comprehensive physical education curriculum 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. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the state.
- H. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least 50 percent of scheduled class time.
- I. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio comparable to the student/teacher ratio in other curricular areas.

2. Physical Activity

- A. Physical activity should not be employed as a form of discipline or punishment.
- B. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.
- C. Schools shall discourage extended periods of student inactivity, defined as two hours or more without some physical activity.

With regard to other school-based activities:

- 1. The schools shall provide at least 20 minutes daily for students to eat.
- 2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events.
- 3. The school shall provide attractive, clean environments in which the students eat.
- 4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- 5. Students, parents and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
- 6. Students are discouraged from sharing their foods or beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets.
- 7. JMES (K-6) will provide an organized daily exercise program for all students and staff lasting approximately 15 minutes.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established.

- 1. In accordance with Board policy, the food service program complies with federal and state regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as to the fiscal management of the program.
- 2. As set forth in Board policy, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

3. The food service program strives to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
4. The food service program provides all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
5. All foods available on campus during the school day comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties or at holiday celebrations.
6. All foods available to students in the dining area during school food service hours comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.
7. Nutrition information for competitive foods available during the school day shall be readily available.

The Board designates the Superintendent/designee as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy.

The Superintendent shall report on the District's compliance with this program and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this program shall occur by a committee appointed by the Board, consisting of a representative of the Board, administration, food service provider, parents, students and the public. The committee shall provide the Board with any recommend changes.

(Approval date: October 21, 2010)