

WELLNESS

Reference: Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the School's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being 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 will be 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:

- A. With regard to nutrition education, the School shall:
(Specific goals need to be inserted here. See Appendix A.)
- B. With regard to physical activity, the School shall:
(Specific goals need to be inserted here. See Appendix B.)
- C. With regard to other school-based activities the School shall:
(Specific goals need to be inserted here. See Appendix C.)
- D. With regard to nutrition promotion, the School shall:
(Specific goals need to be inserted here. See Appendix D.)

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

(Specific guidelines need to be inserted here. See Appendix E.)

The Board designates the Director as the individual(s) charged with operational responsibility for verifying that the School meets the goals established in this policy.

The Director shall appoint an School wellness committee that includes parents, students, representatives of the School food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and School administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current School environment;

- B. review of the School's wellness policy;
- C. presentation of the wellness policy to the Board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Director any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Director shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Director is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Director shall include information in the student handbook and post the policy on the School's website, including the Wellness Committee's assessment of the implementation of the policy.

The School shall assess the Wellness Policy at least once every three (3) years on the extent to which Schools are in compliance with the School policy, the extent to which the School policy compares to model wellness policies, and the progress made in attaining the goals of the School Wellness Policy. The assessment shall be made available to the public on the School website.

Adopted 2/19/14
Revised 9/27/17

SPECIFIC GOALS FOR NUTRITION

- A. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
- B. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

Adopted 9/24/14

SPECIFIC GOALS FOR PHYSICAL ACTIVITY

Physical Education

The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

Physical Activity

The School shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

Adopted 2/19/14

SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- A. Students at Holly Academy are permitted to have bottled water only in the classroom.
- B. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Adopted 9/24/14

SPECIFIC GOALS FOR NUTRITION PROMOTION

With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the School shall:

- A. encourage students to increase their consumption of healthful foods during the school day.

Adopted 2/19/14
Revised 9/27/17

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply 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.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. All foods offered on the school campus during the school day shall 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, or from vending machines.
- E. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the food and beverage standards approved by the Director.

Adopted 2/19/14
Revised 9/27/17