

West Greene School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as a part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable costs to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Food Services Director in cooperation with Building Principals shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building principal and the Food Services Director shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with the law and policies related to student wellness. The report may include:

1. Evaluation of Food Service Program.
2. Assessment of school environment regarding student wellness issues.
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity and feedback received regarding these activities.
5. Recommendations/suggestions for revision or improvement.

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issues for schools in accordance with federal law shall be provided annually by the Food Services Director.

Wellness Committee:

The Board shall appoint a Wellness Committee that may be comprised of the following: School Board Member(s), District administrator, Cafeteria Manager, parent, student, teacher, school nurse, community member.

Nutrition Education:

1. The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
2. Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences.
3. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
4. Nutrition education may be integrated into other subjects to complement but not replace academic standards based on nutrition education and shall be age-appropriate.
5. The staff responsible for providing nutrition education shall be trained and prepared and shall participate in professional development.
6. District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate projects related to nutrition.
7. Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Physical Activity:

1. District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Age-appropriate physical activity opportunities such as recess before and after school and during lunch, clubs, intramurals, and

interscholastic athletics, shall be provided to help meet the needs and interests of all students, in addition to planned physical education.

3. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
4. Extended periods of inactivity, two or more hours, shall be discouraged.
5. Physical activity breaks shall be provided for elementary students during classroom hours.
6. After school programs shall provide developmentally appropriate physical activity for participating children.
7. Physical activity shall not be used as a form of punishment.
8. Students and the community shall have access to physical activity facilities outside school hours in accordance with the district facility use policy.

Physical Education:

1. A district comprehensive physical education curriculum and instruction shall provide students the skills and knowledge to participate in lifelong, health-enhancing physical activity. Physical Education faculty shall be certified health and physical education teachers.
2. A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented.
3. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
4. Safe and adequate equipment, facilities, and resources shall be provided for physical education.
5. Appropriate professional development shall be provided for physical education staff.

Other School-Based Activities:

1. The Student Wellness policy shall apply to all school based activities.
2. The Student Wellness policy shall be reviewed with staff by June 30th of each year.

3. Students shall be provided a clean and safe meal environment.
4. Students shall be scheduled a minimum of ten (10) minutes sit-down time for breakfast and twenty (20) minutes sit down time for lunch.
5. Drinking water shall be available at all meal periods and throughout the day.
6. Students shall have access to hand washing or sanitizing before meals and snacks.
7. Professional development shall be provided for district food service staff by the Food Services Director.
8. Menus shall be available to students and parents/guardians.
9. Consistent nutrition messages shall be disseminated throughout the district schools, classrooms, cafeterias, and homes.

Nutrition Guidelines:

1. All foods available in district schools during the school day shall be offered to students with consideration of the Food Guide Pyramid and The Dietary Guidelines for Americans as established by the USDA. The district will encourage healthy choices by offering a variety of foods to students and staff.
2. Foods served as part of any reimbursable school meal program shall comply with all federal laws, regulations, and guidelines.
3. A la carte foods shall be “single serve” when practical and in a variety that offers a choice of snacks that promote healthy eating. Events that serve a la carte foods include: school lunch snacks and beverages, vending food, school store food, fundraisers, classroom parties, classroom rewards, holiday celebrations, PTO events, and district catered meetings. Parents will be encouraged to follow these same guidelines when proving food brought from home.
4. Staff members are encouraged to use nonfood rewards in the classroom.

References:

Child Nutrition and WIC Reauthorization Act of 2004- P.L. 108-265 Sec 20