

## STUDENT WELLNESS PROGRAM

In response to the reauthorization of the Child Nutrition and Women, Infants, and Children Act, the Board directs the Superintendent to develop and maintain a student wellness program.

The student wellness program shall:

1. include goals for the following program components and their related school-based activities which are designed to promote student wellness: 1) nutrition education, 2) physical fitness, 3) social and emotional environment, 4) physical and environmental safety, 5) alcohol, tobacco and other drugs, and 6) disease prevention and control;
  - I. Students will make wise food and beverage choices, based on a sound understanding of nutrition and health.
  - II. Students will be physically fit, drawing upon knowledge of a wide range of school-based and lifetime physical activities.
  - III. Students will attend school in a caring and respectful environment, and will conduct themselves in a manner that contributes to this environment.
  - IV. Students will attend school in a safe environment, and will conduct themselves in ways that promote safety in themselves and others.
  - V. Students will refrain from using drugs, alcohol, tobacco and other harmful substances, using refusal skills and a knowledge of how these substances affect one's health and life choices.
  - VI. Students will attend school in an environment that minimizes exposure to diseases, and will practice personal hygiene, so as to promote a healthy environment.
2. include nutrition guidelines for all foods available in the district in the school day, in order to promote student health and reduce childhood obesity;
3. provide assurance that the district guidelines for reimbursable school meals meet or exceed the guidelines issued by the U.S. Department of Agriculture;
4. establish a plan for implementing and evaluating the wellness policy, including designating one or more persons within the district with the responsibility for ensuring that the District is compliant with Federal law.

Development of the student wellness program shall be a collaborative effort between parents, students, food service workers, administrators, the Board of Education and the public.

[Adoption date: June 15, 2006]