

Wellness Policy

Introduction

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between physical activity and academic achievement. The school will provide a safe and healthy environment for all students.

The School is committed to serving healthy meals with fruits, vegetables, whole grains, fat-free or low-fat milk and to modeling WHFOD RULF UHTXLUHPHQWV IRU HDFK VV

The School meals will aim to improve the diet and health of the students and model proper choices to support lifelong healthy eating habits

The School will participate in the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and any other applicable federal child nutrition programs that are

- Accessible to all students
- Appealing and attractive to children
- Served in clean and pleasant setting
- Meet or exceed USDA nutrition standards
- Promote healthy food and beverage choices

The School shall ensure that drinking water is available to students throughout the day.

If any foods or beverages are sold during the school day, the School shall ensure that the foods meet the USDA Smart Snacks in School nutrition standards. The School shall not advertise any foods or beverages that do not meet the Smart Snacks in School nutrition standards.

The school shall request that all food and beverages brought by parents for classroom parties and/or classroom snack comply with the nutrition standards. Any food provided by a teacher or staff member during the school day shall comply with the nutrition standards.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to the USDA Standards for School Nutrition Standards website for training that meets their learning needs.

<http://professionalstandards.nal.usda.gov/>

Physical Activity goals

The School shall comply with Physical Education requirements with regard to its provisions to students and the qualifications of educators.

The School shall provide students with opportunities, support, and encouragement to be physically active on a regular basis. Where advisable, physical activity and movement shall be integrated across the curriculum and throughout the school day to promote exercise awareness.

The School shall encourage parents and families to provide physical activity outside the regular school day such as outdoor play, sponsored recreation activities, or lifelong activities.

Wellness Policy Compliance Form

Wellness Committee Members:

1. _____
2. _____
3. _____
4. _____
5. _____

Wellness Committee Meeting Dates (four required meetings per school year)

1. _____
2. _____
3. _____
4. _____

Wellness Committee Evaluation Date (Evaluation of Policy shall be attached to this form)

1. _____

Date of Last Wellness Policy Update (must be done once every three years)

1. _____