

**WELLNESS POLICY****Nutrition Education & Promotion**

The District shall strive to promote the following nutrition goals (consistent with the *Dietary Guidelines for Americans*) through the curriculum and other promotional methods:

1. Provide a health education curriculum that is aligned with state standards and requirements; is taught by well-prepared and well-supported staff; that is age appropriate; and that is aimed at influencing students' knowledge, attitudes, and eating habits.
2. Provide an overall school environment that encourages students to make healthy food choices, specifically encouraging:
  - a. Balancing calories with physical activity to manage weight
  - b. Consumption of more healthy foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
  - c. Consumption of fewer foods with sodium (salt), saturated fats, Trans fats, cholesterol, added sugars, and refined grains
3. Identify and implement methods to educate family members about district nutrition standards and goals and involve them in program development and implementation.
4. The Board or designee shall appoint a Wellness Policy Committee to develop the wellness policy and perform additional duties prescribed herein. The Wellness Committee will consist of 5 members, to include: the Principal, a teacher, a parent, a student, school nurse, and a board member.
  - a. The Wellness Committee will meet on an annual basis, preferably at the beginning of the school year, to review and/or update any dietary guidelines.
  - b. The Wellness Committee may develop a list of activities that will help the District achieve the above goals and provide this list to administrators to assist with implementation of this policy.

**Physical Education**

In addition to state standards and mandates related to physical education, the District should strive, to offer opportunities for students to be physically active through activities that may include, but not be limited to, recess and extracurricular offerings. The goals of physical activity programs shall be: to develop students' knowledge and skills necessary to perform a variety of physical activities; assess, maintain, and improve personal fitness; regularly participate in physical activity; understand the short- and long-term benefits of physical activity; and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

The Principal will ensure that policies and practices are in place that enables students with disabilities and other special health care needs to participate safely as much as possible in physical education and other school physical activity programs.

**Goals for Other School-Based Activities**

The District will seek to promote the physical activity and nutrition goals of this policy through other activities that are practical, implementable, and within district budgetary and statutory parameters. The goals of these other activities shall be to reinforce the nutrition promotion, nutrition education, and/or physical activity goals stipulated above.

**Nutrition Standards**

For all food sold on District property, school administrators shall, to the extent practical, promote the goals of this policy when selecting food items available. All other foods provided by the District (e.g., as a part of a classroom celebration) or under the district's jurisdiction (e.g., a school fundraiser) should be selected judiciously, taking into consideration the nutritional value of the food being served, the goals of this policy, and the frequency of use.

**Policy Development, Implementation, Review, & Dissemination**

The District encourages parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy. The District shall have the Wellness Policy available for review and development through the school administrators.

Each classroom teacher shall be responsible to monitor and enforce compliance with the Wellness Policy. Each designee shall be responsible for reporting on compliance with this policy and supplying the Principal with any material requested to help the committee assess implementation of and compliance with this policy.

At least once a year, the Wellness Policy Committee shall meet to determine the extent to which the District is in compliance with the local school wellness policy, the extent to which the local school wellness policy compares to model local school wellness policies (e.g., policies created by the state or federal government, if available or by a state or federal organization that provides support services to schools), and the progress made in attaining the goals of the local school wellness policy. The Wellness Policy Committee shall complete a report that contains the above components, which it shall provide to the Apple Creek School Board and publicly post as well as any amendments (e.g., website, newsletter).

**ADOPTED: JUNE 12, 2018**