

Local Wellness Program

Wellness Council

1. The school district should strive to have a diverse Wellness Council comprised of parents, teachers, nutrition services staff, school administrators, students, school board members and others from various socio-economic, cultural and ethnic communities to create policies and routinely evaluate, modify and improve their effectiveness.
2. The school district should recruit community members for the Wellness Council who are involved in efforts to improve the overall health and well being of children and youth. These stakeholders can share and apply lessons learned from other programs.
3. The Wellness Council should monitor and evaluate the school district's policies to ensure they are properly implemented and progress is made in improving and maintaining students' nutrition and physical activity patterns.
4. The school district should encourage each school to set up a school-based council to oversee the implementation of these policies at the school level.
5. The school district should supplement their efforts by seeking nutrition and physical activity partnerships with relevant community organizations and corporate citizens.
6. Because school staff and support personnel serve as role models, the school district should encourage activities and create programs that support healthy lifestyles for all school district employees.

Nutrition Education

1. School programs should ensure that students in pre-kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
2. All district personnel should reinforce recommended nutrition concepts, and when possible, be integrated into various subject areas throughout a student's educational opportunities.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle and poor nutrition.
4. The district should utilize the services of qualified nutrition professionals and lead efforts to implement nutrition education.
5. Staff should have opportunities to receive proper training and participate in professional development activities to effectively deliver nutrition education.

6. The district should provide educational information and encourage healthy eating habits and physical activity for families. The district is encouraged to establish relationships with community partners to promote these opportunities.

Food and Beverages Served/Sold during the School Day

1. Food and beverages available during the school day should be nutrient dense to provide students a variety of choices to maintain a balanced diet.
2. Food and beverages made available during the school day should include a variety of healthy choices that are of good quality and appealing to students.
3. Food and beverages made available during the school day should be low in sodium, sugar, trans fat, and saturated fats as defined by the Dietary Guidelines for Americans.
4. Food and beverage providers should offer portion sizes age - appropriate for elementary, middle and high school students respectively.
5. If a la carte foods are available, they should include a variety of food and beverage choices that are healthy and nutritious.
6. Nutrition information for all foods made available during the school day should be readily available at the product display.
7. Carbonated beverages should only be made available in middle and high schools where a full array of milk, juices, water and other products are available.
8. Classroom celebrations should encourage healthy choices, and portion control. Parents and families should receive guidance from the school on food or non-food items that are appropriate for such celebrations.
9. Schools are asked to consider fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
10. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices.
11. Food offerings at concession stands operated on the school campuses by the district or parent groups should include options such as milk, 100-percent juice and nutrient-dense foods.
12. Nutrition Guidelines. The district may select from the nutritious food items which meet federal and/or state directed guidelines.
13. The district will take advantage of opportunities to integrate local food into foods served to students by the school district, based on availability, acceptability and price. These products will be promoted as a way to encourage student consumption of fruits and vegetables.

Food Environment

1. Students should be encouraged to start each day with a healthy breakfast.
2. Any school district that provides lunch at any school site shall make breakfast accessible if 25 percent or more of the students at the site are eligible for free or reduced lunch prices. If a full breakfast program is not feasible, middle and high schools should consider having healthy breakfast items available that students can purchase on campus in school stores or vending machines.
3. Lunch periods should be scheduled as near the middle of the school day as possible and not to begin earlier than 11:00 a.m. Serving lines should be short enough to encourage participation in the school lunch program. Students should be given a minimum of twenty minutes for eating lunch.
4. Students should be reminded to wash their hands before meals to prevent the spread of germs and reduce the risk of illness.
5. Drinking water and hand-washing facilities should be conveniently available for students at all times.

Nutrition Services Operations Section

1. The district will develop a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program, and should ensure that all eligible children who qualify learn about the program and receive free and reduced-price meals.
2. The district will ensure that students eligible to receive free or reduced-price meals and milk are not treated differently from other students, or be easily identified by their peers.
3. Their participation in the meals program treated with confidentiality by staff and volunteers.
4. Nutrition Services operational personnel will meet applicable guidelines, regulations and training requirements required by local, state and federal agencies.
5. School Nutrition Services operations will adopt methods of cooking that minimize fat, calorie and sodium levels in food.
6. The district should ensure that school meal options are culturally sensitive and meet special dietary needs.
7. The district should involve families and community organizations in the development of policies and programs to ensure that school meal options are culturally sensitive and meet special dietary needs.
8. The district will ensure that required and effective food safety practices are applied to all foods prepared, sold or served at school or school-sponsored events.

Physical Activity and Physical Education

1. The district should ensure that every student from kindergarten through twelfth grade receives regular, age-appropriate quality physical education. Age-appropriate physical education is activity that utilizes movement concepts, motor skills, cognitive skills and intensity appropriate for a child's state of development.
2. Schools should facilitate students' participation in moderate to vigorous physical activity in support of nationally recommended guidelines.
3. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills and promoting activities that can be carried out over the course of the student's lives.
4. The physical education curriculum should be coordinated with the health education curriculum.
5. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
6. Elementary schools should provide daily recess that encourages physical activity.
7. Schools should ensure that students have adequate space and equipment to participate in structured physical activity.
8. Schools should ensure that physical activity facilities on school grounds are kept safe and maintained.
9. Schools should provide information to parents to promote and incorporate physical activity and healthy eating into their children's lives.
10. The district shall pursue funding opportunities to increase physical activity before, during or after school.

Monitoring and Evaluating

1. The district will designate one or more persons with operational responsibility to ensure that schools are meeting the policy requirements.
2. The Wellness Committee will monitor the district's implementation of the wellness policy and evaluate student health and activities. Such monitoring will help gauge whether or not policies have in fact been implemented, whether or not they are effective, and their overall impact on student health. The results may also highlight areas in need of further change and help shape future policy. The Board will receive a report from the Wellness Committee at least once a year and provide evaluation data to assess whether the policies are remaining effective in improving student health.