

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS	<p>The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.</p> <p>[See EHAA for information regarding the District's coordinated school health program.]</p>
DEVELOPMENT, IMPLEMENTATION, AND REVIEW OF GUIDELINES AND GOALS	<p>The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school administrators, and members of the public.</p> <p>[See BDF for required membership of the SHAC.]</p>
WELLNESS PLAN	<p>The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum address:</p> <ol style="list-style-type: none">1. Strategies for soliciting involvement by and input from persons interested in the wellness plan, and policy2. Objects, benchmarks, and activities for implementing the wellness goals.3. Methods for measuring implementation of the wellness goals; and4. The manner of communicating to the public applicable information about the District's wellness policy and plan. <p>The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.</p>
NUTRITION GUIDELINES	<p>The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rule. [See CO and FJ]</p>
WELLNESS GOALS NUTRITION PROMOTION AND EDUCATION	<p>The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHHA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p>

The District establishes the following goal for nutrition promotion:
The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

The District establishes the following goal for nutrition education:
The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall make appropriate training and other activities available to the District employees in order to promote enjoyable, lifelong physical activity for the District employees and students.
2. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day. [See GKD]
3. The District shall ensure that physical education classes regularly emphasize moderate to vigorous activity.

SCHOOL-BASED
ACTIVITIES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable.

IMPLEMENTATION

The food service director and the District nurse shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan, as well as the District's and each campus's level of compliance with the policy and plan.

Annually, the SHAC shall assess and prepare a report of the campus's progress toward meeting the goals listed in this policy and in the wellness plan, including a summary of each campus's major activities and events tied to the wellness program and the extent to

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which the wellness policy and plan compare with any state- or federally designated model wellness policies.

PUBLIC NOTIFICATION The District shall inform and update the public about the content and implementation of the wellness policy by posting on its website a copy of the wellness policy and the wellness plan, as well as a copy of the annual report.

RECORDS RETENTION The District shall retain all records associated with the wellness policy, in accordance with the law and the District's records management program. [See CPC and FFA(LEGAL)]