

FOOD SERVICE WELLNESS PLAN

GUIDELINES AND GOALS

Part of the mission of the District is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity, and food served in schools.

NUTRITION GUIDELINES

The District shall develop nutritional guidelines and wellness goals with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.

The District shall:

1. Establish age-appropriate guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations or events. Campuses shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations.
2. Provide guidance to campuses encourage that birthday and/or school celebrations not occur in the cafeteria during meal serving time. The district suggests that events take place after the scheduled lunch period or after school.
3. Provide guidelines for schools encouraging that foods and/or beverages shall not be used as rewards for academic performance, except when provided in a specific student's individualized education program (IEP) or behavior intervention plan.
4. Provide teachers with education and guidelines on the use of food for instructional purposes or as a reward in the classroom.
5. Students will be limited to purchase only one soft drink or candy item from the concession stand before or after school.
6. Encourage that all campuses, kindergarten through grade 12, not be involved in the sale of food or beverages for any fund-raising activity during the school day. Fund-raising activities that involve the sale of food and/or beverages may take place outside the school day.

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NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition education:

8. Students in kindergarten–grade 8 shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors through their participation in their campus coordinated school health program. Students in grades 9–12 shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors through the health education and physical education courses.
9. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
10. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print media, newsletters, and the District Web site.

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.

In addition, the District establishes the following goals for physical activity:

11. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not athletically gifted.
12. Physical education classes shall regularly emphasize moderate to vigorous activity.
13. The District shall encourage parents to support their children's participation, to be active role models, to include physical activity in family events, and to participate in before-school and after-school physical activity programs.
14. The District shall encourage teachers to integrate physical activity into the academic curriculum when appropriate.
15. The District shall enhance the quality of physical education curricula and provide training of physical education teachers through District-wide staff development.

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16. The District shall encourage students, parents, staff, and community members to use the school's physical activity facilities outside of the school day as available.

SCHOOL-BASED ACTIVITIES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: student participation in moderate to vigorous physical activity, compliance with the wellness policy, and completion of the FITNESS GRAM testing on all students in grades 3–12.

STAFF WELLNESS

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the District and its schools shall offer staff wellness programs and/or opportunities for staff to participate in staff wellness programs. These may include workshops and presentations on health promotion, education, and resources that shall enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic disease, and foster exceptional role modeling.

IMPLEMENTATION

The Design Team shall review the plan annually.