

In accordance with Policy EEE and after considering input from various stakeholders interested in the promotion of overall student and staff health and well-being, the following implementing procedures are developed to promote student wellness.

The policy requires that the Superintendent or designee convene a System Wellness Committee consisting of School System and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness program and procedures. The Wellness Committee shall develop a Wellness Program consisting of the following components:

**Component 1: Nutrition Promotion and Education:** As it is the intent of the Policy that the System shall teach, encourage and support healthy eating by students, the Wellness Committee shall develop procedures by which school officials are able to provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

- Students in grades Pre-K thru 12 will receive sequential and interactive nutrition education focusing on skills needed to adopt and maintain a healthy lifestyle. This nutrition education, to include food safety, will be integrated into the health education curriculum or core curriculum (e.g., math science, language arts).
- Students in grades Pre-K thru 12 will receive, to the extent possible, consistent messages regarding nutrition throughout the school environment, including the classroom, cafeteria, home, community and media.
- Schools will conduct nutrition education activities and promotions that involve parents, students, teachers and the community.
- School Nutrition staff will coordinate with school staff, when appropriate, to allow the school cafeteria to serve as a learning lab.

**Component 2: Physical Activity:** As it is the intent of the Policy that all students in grades K-12 have opportunities, support and encouragement to be physically active on a regular basis, the System will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of certain physical education goals appropriate for each grade level. The Wellness Committee shall develop procedures by which school officials are able to provide physical activity consistent with federal and state requirements and engage in promotion of physical activity. These procedures shall contain and incorporate the following principles:

- Physical activity or recess is not to be used as a reward or punishment.
- Physical education includes instruction in individual activities as well as competitive and non-competitive team sports.

- Students participate in periodic fitness assessments.
- The school environment provides safe and enjoyable physical activities for all students.
- Schools will promote after school physical activities through intramural, interscholastic and community based recreation programs.
- Patterns of physical activity are encouraged in students' lives outside of physical education and take into consideration the need for energy balance.
- Schools will work with families and communities to assist them in incorporating safe physical activity into their daily lives and community infrastructure, respectively.

**Component 3: Other School Based Activities Designed to Promote Student Wellness:** As it is the intent of the policy that all school community members should embrace regular physical activity as a personal behavior, students should have opportunities for physical activity beyond physical education classes. It is the intent of the policy that schools will support parental efforts to provide a healthy diet and daily physical activity for their children, will value the health and well-being of the school community by planning and implementing activities and procedures that support personal efforts to maintain a healthy lifestyle, and will provide school-based marketing consistent with nutrition education and health promotion.

The Wellness Committee shall develop procedures related to other school-based activities to promote wellness aimed at attainment of goals for this purpose. The Wellness Committee shall include the following principles or components in the School Based Activities Component and will assist with implementation of the following:

- Each school will form a school health committee/council for the purpose of evaluating the school environment pertaining to areas addressed in the policy and procedures.
- Each school health committee/council will develop a Student Wellness Action Plan for the purpose of implementing the Policy and Procedures.
- Teachers and other appropriate school staff will be provided with assistance in detecting student health problems that may impact learning and attendance.
- Information and/or professional learning opportunities that enhance the wellness program for students and improve staff physical well-being will be provided in each school.
- Schools should take reasonable steps to provide a safe, clean and hygienic environment.

**Component 4: Nutrition Standards and Guidelines for All Foods and Beverages Available on Campus During the School Day:** As it is the intent of the policy that, to the extent practical, all schools will participate in available federal school meal programs. Furthermore, all food and beverages made available on

campus during the school day will be consistent with the requirements of federal and state law. The Wellness Committee shall develop procedures related to Nutrition Standards and Guidelines and shall include the following principles or components in the Nutrition Standards and Guidelines and will assist with implementation of the following:

- School staff should not use foods or beverages as rewards for academic performance or good behavior, particularly those foods with minimal nutritional value.
- Prohibit the withholding of food or beverages, including food served through school meals as punishment.
- School should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activities.
- Food offered to students outside of the School Nutrition Program should meet state and federal nutritional guidelines.
- Organizations should only use non-food items or foods designed for delivery and consumption as fundraisers after school hours.

**Component 5: Development, Implementation and Periodic Evaluation of the School Wellness Program:** As it is the intent of the policy for the School System to involve parents, students and representatives of the School Nutrition Program, the Local Board, school administrators and the public in the development and implementation of a School Wellness Program, the following procedures will be followed for Implementation and Evaluation of the Program.

#### **System-wide Implementation and Periodic Evaluation**

- The Superintendent, or designee shall be responsible for overseeing the implementation of the Wellness Program and compliance with the Policy, including the oversight of the development of goals of the Program and procedures for evaluation and measurement of the Program.
- The Superintendent, or designee, will incorporate input on such procedures, goals and evaluation of the Program from a Wellness Committee, consisting of School System and community representatives from areas designated in federal and state law as required wellness components. Such Committee members may include, but are not limited to: Superintendent, or designee, Local Board member, School Nutrition Program representative, teachers (physical education and others), parents, community members, health care representatives (school or community) or other concerned stakeholders.
- Committee members will be asked to make a commitment to serve on the committee for at least two (2) years. At the end of a member's service term, the Wellness Committee will take nominations for those wishing to serve on the Committee. Nomination forms will be posted on the System's website.
- The Wellness Committee will meet no less than two times per year.

- Annually, the Wellness Committee will identify goals and objectives to measure Components of the Wellness Program.
- Annually, the Wellness Committee will develop an Evaluation Plan for each Component of the Wellness Program. The Evaluation Plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis.
- The Wellness Committee will use the annual Evaluation Results to create action plans for Program improvement and ongoing evaluation priorities.
- The Report of the Evaluation Results will be presented to the Superintendent and the Local Board each year and made available to the public on the System's website.
- The public will have an opportunity to provide input regarding development, implementation and periodic review of the policy to the Committee by way of survey on the System's website.

#### **School Level Implementation and Periodic Evaluation**

- The Principal shall be responsible for overseeing the implementation of the Wellness Program at the school level, including the oversight of the implementation of goals of the Program and conducting evaluation and measurement of the Program, as requested by the System Wellness Committee.
- The Principal will form and support a School Health Council, consisting of School System and community representatives from areas designated in federal and state law as required wellness components. Such School Health Council members may include, but are not limited to: Principal, or designee, School Nutrition Program representative, teachers (physical education and others), school nurse, parents, community members, health care representatives (school or community) or other concerned stakeholders.
- Council members will be asked to make a commitment to serve on the Council for at least two (2) years. At the end of a member's service term, the School Health Council will take nominations for those wishing to serve on the Committee. Nomination forms will be posted on the System's website and/or the School's website.
- The School Health Council will meet no less than two times per year.
- The School Health Council will review goals and objectives provided by the System Wellness Committee, as well as methods for measuring Components of the Wellness Program.
- Annually, the School Health Council will review the Evaluation Plan for each Component of the Wellness Program, as provided by the System Wellness Committee.

- The School Council will oversee the implementation of the school level evaluation process by collecting such information or data requested by the Wellness Committee and will provide said information when requested by the Wellness Committee.
- The School Council may utilize the annual Evaluation Results to create action plans for Program improvement and ongoing evaluation priorities on a school level.
- The School Council may provide to the System Wellness Committee such other information relative to the Components or helpful to the implementation or evaluation of the Wellness Program. The School Council may provide recommendations for implementation, evaluation or revision of the Wellness Program.
- School Council data and information will be assimilated into the report and results provided by the Wellness Committee to the general public.