

PALISADES SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: June 7, 2006

REVISED:

246. STUDENT WELLNESS	
1. Purpose	<p>The Palisades School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
2. Authority P.L. 108-265 Sec. 204	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p>Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</p>
3. Delegation of Responsibility Pol. 808	<p>The Food Service Director shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the Food Service Director regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the building principal or designee regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Food Service Director shall annually report to the Board on the district’s compliance with law and policies related to student wellness. The report may include:</p> <ol style="list-style-type: none"> 1. Evaluation of food services program. 2. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines. 3. Listing of activities and programs conducted to promote nutrition and physical activity. 4. Recommendations for policy and/or program revisions. 5. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>The Superintendent shall appoint a Wellness Committee comprised of representative stakeholders as mandated. A stakeholder may fulfill multiple member qualifications.</p> <ol style="list-style-type: none"> 1. teacher(s) 2. school nurse 3. coach(es) 4. classified staff 5. district administrator(s) 6. building administrator(s) 7. food service director 8. parent(s)/guardian(s) 9. student(s) 10. member(s) of public representing health profession or other organization 11. other individual(s) chosen by the Superintendent. <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption. The Wellness Committee shall be managed in the future through the Strategic Planning Process.</p>
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The Wellness Committee shall provide annual reports to the Superintendent regarding the status of its work or according to the dictates of the strategic plan.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Physical Education

A comprehensive and sequential physical education program of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be developed and implemented consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Physical Activity

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, may be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Students and the community shall have access to physical activity facilities

outside school hours, in accordance with Palisades School District rules and regulations.

Other School Based Activities

District schools shall provide adequate space, as defined by the district, in a clean and safe environment, for eating and serving school meals.

Meal periods shall be scheduled at appropriate hours, as defined by the district with adequate time allotted to eat: when applicable, minimum of ten (10) minutes sit down time for breakfast; minimum of twenty (20) minutes sit down time for lunch.

Drinking water shall be available at all meal periods and throughout the school day. All school water sources shall be tested regularly for contaminants.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used in the schools as a reward or punishment.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods and current and future district programs.

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

1. All competitive foods available to students in district schools shall comply

with the established Palisades School District Nutrition Guidelines.

Safe Routes To School

The district recognizes that, Palisades School District, as a rural setting offers limited opportunity for students to walk or bike safely to school. The district shall implement a procedure to declare hazardous walking routes, thereby ensuring the safe transportation of all Palisades students to school.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204