Wellness Policy Adoption Process

The Board recognizes its obligations under the Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 and desires to provide a program promoting healthy eating and physical activity in district students. Accordingly, the Board directs the Superintendent or the Superintendent's designee to develop a Wellness Policy that, at a minimum, shall:

1. Include goals for nutrition education, physical activity, and other school-based activities

that are designed to promote student wellness in a manner that the Board determines is appropriate.

2. Include nutrition guidelines selected by the Board for all foods available on each campus

during the school day, with the objectives of promoting student health and reducing childhood obesity.

3. Include goals for nutrition promotion.

4. Provide an assurance that the district's guidelines for reimbursable school meals will not

be less restrictive than federal regulations and guidance issued pursuant to 42 U.S.C. §§ 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools.

5. Establish a plan for measuring implementation of the policy, including the designation of

one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented at each school.

42 U.S.C. § 1758b

The Superintendent or the Superintendent's designee shall involve parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and

the public, as well as any others the Superintendent or the Superintendent's designee deems beneficial, in the development, implementation, and periodic review of the Wellness Policy.

42 U.S.C. § 1758b(b)(3)

The Superintendent shall present the proposed Wellness Policy to the Board review and Board action.

Wellness Policy Recommendations (SAMPLE)

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current district policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs.

2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards.

3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities.

4. Methods of ensuring compliance with federal regulations governing nutrition standards for all foods and beverages available for purchase by students on campus during the school day outside of the district's federally reimbursed meal programs.

5. Foods and beverages donated for class parties or other school events.

6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs.

7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change.

8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.

9. Outreach strategies to encourage families to reinforce and support healthy eating and

physical activity.

10. Cost estimates of implementing the recommended strategies and potential funding

sources.

11. Priorities for implementing the recommended strategies in the wellness policy.

12. Processes for evaluating the school district's wellness policy, including evaluation

methods, indicators that will be used to measure success, and frequency of reports, and the individual or individuals responsible for ensuring school compliance with the Wellness Policy.

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

Periodic Assessment

The District shall, at the intervals established in the Wellness Policy, assess:

1. The extent to which schools are complying with the Wellness Policy;

2. The extent to which the Wellness Policy compares with model wellness policies; and

3. The progress made towards the goals in the Wellness Policy.

42 U.S.C. § 1758b(b)(5)

Public Information

The Wellness Policy shall be posted on the District's web site and be included in annual notices provided to parents. In addition, the District shall inform the public of the results of its assessments of the Wellness Policy.

42 U.S.C. § 1758b(b)(4)

Adoption Note: Board adoption date and implementation notes may be added upon final Board action.