

POLICY TITLE: SCHOOL WELLNESS POLICY
POLICY NO: 568

Prior to the beginning of the 2006-2007 school year, the district will develop and implement a school wellness policy. The superintendent will appoint a committee, the membership of which will include one (1) or more individuals representing each of the following interest groups: school board, administration and staff, school lunch program, parents, students, and the public. The administration will seek public input in the development of the school wellness policy and will submit a recommended policy to the board for its consideration no later than June 2006.

The committee will review the needs of the district relative to school wellness and develop a recommended policy for the board's review that addresses the federal requirements as set forth below:

1. Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
2. Nutritional guidelines selected by the school district for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
3. An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Sections 9 (f)(1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(1) and 1766 (a)), as those regulations and guidance apply to schools; and
4. Establishment of a plan for measuring implementation of the local wellness policy, including designation of one (1) or more persons within the district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

LEGAL REFERENCE:

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

ADOPTED: November 28, 2005

COTTONWOOD JOINT SCHOOL DISTRICT #242
WELLNESS POLICY

Adopted May 2006

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

1. The Cottonwood Joint School District #242 Board of Trustees recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
2. The district's school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
3. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
4. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
5. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
6. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. GUIDELINES

1. All foods and beverages made available on campus and served under the umbrella of the National School Lunch Program (Breakfast, Lunch, After School Snack, and Summer Food) will be consistent with the current USDA Dietary Guidelines for Americans.

2. Food service personnel will take every measure to ensure that student access to foods and beverages served on campus as part of the National School Lunch Program meets or exceeds all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Recognizing the school's nutrition and food services operation as an essential partner in the educational mission of the district, the school district will encourage all students to participate in the school's child nutrition meal programs.
5. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school district will make every effort to provide students with adequate time and space to eat meals in a pleasant and safe environment, and will schedule meal periods at appropriate times during the school day.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. SCHOOL FOOD SERVICE PROGRAM PERSONNEL

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the adherence of nutrition guidelines and procedures for the selection of foods and beverages made available on campus served under the umbrella of the National School Lunch Program and to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

3. As part of the school district's responsibility to operate a food service program, the school district will provide ongoing in-service and professional development training opportunities for all food service personnel in schools.

C. NUTRITION EDUCATION AND PROMOTION

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. part of health education classes as well as classroom instruction in subjects such as science, health, social science, elective subjects and any other subjects where appropriate, and
 - c. enjoyable, developmentally, culturally relevant, and includes participatory activities, such as contests, promotions, and field trips.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through vending machines, fundraising events, concession stands, and student stores.
3. Nutrition education materials and meal menus will be made available to parents.
4. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

D. PHYSICAL ACTIVITY

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as, but not limited to, watching television, video games, etc.;

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. The school district will encourage and inform students about physical education and other school-based physical activity opportunities and will support parents' effort to provide their children with opportunities to be physically active outside of school.

IV. IMPLEMENTATION AND MONITORING

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, or the superintendent, as appropriate.
3. The school district's food service program administrator will provide an annual report to the superintendent reviewing the nutrition guidelines and procedures for selection of all foods made available under the National School Lunch Program.
4. The superintendent will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

2006 Committee Members

Della Gehring – School Board Member
Stan Kress – Administration
David Snodgrass – H.S. Staff
Rene' Forsmann – M.S. Staff
Greg Deiss – Elem. Staff
Lynn Rehder – Food Service
Joan Terhaar – Parent
Shari Daly – Parent
Nancy Arnzen – Parent
Ashley Jackson – Student
Amber Geis – Student

What Must the Wellness Policy Include?

- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
- Include nutrition guidelines for all foods available on the school campus during the school day;
- Assure that the guidelines for school meals are not less restrictive than Federal standards;
- Establish a plan for measuring implementation of the local wellness policies;
- Involve one or more individuals representing each of the following interest groups, school board, administration and staff, school lunch program, parents, students, and the public.

Cottonwood School District #242
Approved May 15, 2006

The wellness policy was briefly discussed. After discussion Brit Groom moved to approve the policy, seconded by Roy Schumacher, motion carried unanimously.