

508.1R
Wellness Policy
Administrative Procedures
Nutrition Education

- Every child K-9th grade will receive age appropriate nutrition education during the school year.
- Additionally, high school students in grades 10-12 will have course options that address nutrition education.

Physical Activity

- Students at each level in the K-12 progression will receive, unless otherwise exempted, the following amount of physical education instruction per week:
 - Elementary 80-120 minutes
 - Junior High 80-130 minutes
 - High School 90-135 minutes
- The physical education curriculum will include activities and skill development to promote lifelong health and fitness.
- A fitness/cumulative health report will be provided annually to all parents of students in grades K-8.

Classroom Food Items

- Kindergarten snacks meeting the nutritional guidelines will be provided for parent purchase by the district's food service.
- Food is not to be used as awards, rewards or incentives.
- Snacks brought from home must support healthy choices. Parents will be given suggestions and ideas to support healthy choices and the intent of the wellness guidelines.
- Foods served during celebrations will be carefully monitored. Portion control and nutritional guidance will be provided on the district's website, at PTA meetings, and other school access points.
- District food service will prepare a list of birthday and holiday treat items that meet the nutritional guidelines and will serve as an option for parent purchase.
- In the classroom and during the school day, adult staff will be encouraged to model the district's wellness guidelines.

Food Sales

- Fundraising projects involving food items not meeting the nutritional guidelines will not be conducted during the school day which is defined as the period from midnight before, to 30 minutes after the end of the official school day.
- Vending sales will not be permitted in elementary schools.
- Vending sales during the school day at the junior high and high school will not include soft drink items or items that do not meet the Healthy Kids Act nutritional content standards.

Food Services

- Foods sold as part of the National School Breakfast and Lunch programs will meet the USDA's nutrition guidelines.
- All foods sold ala carte at the Junior High and High School will meet the Healthy Kids Act nutritional content standards.

Monitoring/Evaluation

- The district's School Improvement Advisory Council (SIAC) will be responsible for the evaluation of these guidelines and the wellness information included in the district's annual report to the public.
- The superintendent's designee shall monitor the implementation of the district's wellness plan and report to the superintendent/board as requested.