

SCHOOL WELLNESS POLICY

The Pulaski Board of Education believes that, along with parents and the other segments of the community, it has a responsibility to educate students regarding healthy lifestyles. Therefore, the Pulaski Community School District promotes healthy schools by educating wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The District follows all Federal, State, and DPI regulations in regards to nutrition and wellness. Pulaski Community School District also recognizes the increasing prevalence of life threatening allergies in students. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health and wellness of children. Improved health positively impacts student performance potential.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

B. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day will meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie and portion size. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure food safety and high quality meals.

C. Insure students are engaged in a sufficient level of physical activity. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, classroom activities, co-curricular activities and recess. Substituting any one of these components for the others is not appropriate.

D. The Pulaski Community School District is committed to improving academic performance. Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be communicated to all stakeholders to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural and medical) should be considered at all times to ensure that all student needs are being met. The Board of

Education therefore instructs the District Administrator to implement administrative rules and procedures regarding the School Wellness Policy. The School Wellness procedures must address nutrition education, physical activity, and all school-based activities. The Administrator must also provide for regular evaluation of the effectiveness of the School Wellness Policy in promoting healthy lifestyles and change the program as appropriate to increase its effectiveness.

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