

South Lake Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board establishes the following wellness policy for the South Lake Schools.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 - 1. Promote Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
 - 2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 - 3. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.

- B. With regard to physical activity, the District shall:

Physical Education

- 1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- 2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.

3. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 2. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- C. With regard to other school-based activities the District shall:
1. The school shall provide attractive, clean environments in which the students eat.
 2. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
 3. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
 4. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

- D. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

- E. Continuing professional development shall be provided for all staff of the food service program.

The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Director **of Business and Operations and Director of Curriculum** as the individuals charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent will promote The Wellness Policy; provide Food Service information to the public by making this information available on the district website, and community newsletters.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771

Adopted 4/12/06