

## 510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Kiel Area School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests 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.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. 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 choices to:

- A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- D. recommend revision of the policy, as necessary; and
- E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.

The District Administrator will oversee development, implementation, and evaluation of the wellness procedures.

The District Administrator shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.

- A. With regard to nutrition education, the District shall:

Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

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

1. **Physical Education**

- a. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally

appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

- b. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- c. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- d. All students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive daily physical education for the entire school year, for at least 150 minutes per week for K- 4 students and at least 225 minutes per week for students in grades 5-12.
- e. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
- f. Professional development opportunities should focus on the physical education content area.

## 2. **Physical Activity**

- a. All students in grades K- 4 shall be provided with a daily recess period at least two to fifteen (2-15) minutes in duration. Recess shall not be used as a reward or punishment.
  - b. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.
- C. With regard to other school-based activities the District shall:
- D. The schools shall provide at least thirty (30) minutes daily for students to eat.
- E. The school shall provide attractive, clean environments in which the students eat.

- F. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
1. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
  2. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
  3. Other Students at all buildings are permitted to have beverages that meet the USDA guidelines in the classroom.

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 strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. 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.
- E. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines.
- F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- G. Beginning with 2015 - 2016 school year, all foods available to students on campus during the school day and outside school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including foods available to students as classroom snacks, from vending machines for fund raisers.
- H. All foods available on campus at any time shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that

are available to students a la carte in the dining area, as well as foods that are served from vending machines, for fund raisers.

- I. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.
- J. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
- K. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- L. Any food items sold on campus as a fundraiser shall meet the current USDA Dietary Guidelines for Americans.
- M. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- N. Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA Dietary Guidelines for Americans.
- O. The food service program shall be administered by a qualified nutrition professional.
- P. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- Q. All food service personnel shall receive pre-service training in food service operations.
- R. Continuing professional development shall be provided for all staff of the food service program.

The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

42 U.S.C. 1751et seq.  
42 U.S.C. 1771 et seq.

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