

STUDENTS

Policy 2750
(Regulation 2750)

Student Welfare

Wellness

The District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting, throughout the school year.

The District recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. The District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.

The District will establish a district-wide Wellness Committee that will meet at least four times a year to review the Wellness Policy. The District will designate a school Wellness Policy coordinator who will ensure that the district is in compliance with this policy. The District will complete a triennial assessment of the Wellness Policy. This assessment will measure the district's level of compliance with implementing the wellness program, including compliance at all school levels and a description of the progress made in attaining the goal of the program. The wellness coordinator will make recommendations for modifications to the Wellness Policy in accordance with these assessments, and the Board will revise the Wellness Policy as it deems necessary based on these recommendations. The District Head Nurse will serve as our district's wellness coordinator.

The District will comply with USDA regulations and state policies. The District's lunch and breakfast program will meet the daily nutrition guidelines. The District will implement nutritional guidelines for food and beverages made available on the school campus during the school day. The District will allow the marketing of Smart Snacks.

The District will set goals for nutrition education, nutrition promotion, physical activity, and other school-based activities that promote student wellness.