

WELLNESS POLICY

453.8

The Lake Holcombe School District encourages all members of the school community to help create an environment for students that support positive dietary and lifestyle practices. Decisions made in all school programming are to reinforce a healthy life style. The rationale for this is that nutritional and physical activity influences an individual's development, health status, well-being, and potential for learning.

Students who practice good nutrition and daily physical activity attend school with minds and bodies ready to take advantage of their learning environment. The efforts to promote good nutrition and physical activity are the shared responsibilities of the school board, administration, professional/support staff, parents/guardians and the community.

In order to create and maintain an environment which supports and teaches healthy eating habits as well as physical activity the Lake Holcombe School District and community are to work together on the following components:

Component 1: Nutritional standards for all foods are to be maintained on school campus during school day.

- A. In keeping with the National School Lunch/Breakfast programs and ensuring the integrity of the school lunch program, the District prohibits food and beverage sales that are in direct conflict with the breakfast and lunch programs during the regular school day (7:45 am - 3:20 pm).
- B. The District encourages the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value by reducing access to non-nutritional foods, educating students about healthy foods, and having selective pricing that favor the sale of healthy foods.
- C. The district follows state curricular standards for physical education and federal standards for the school breakfast and school lunch
- D. The District encourages parents to provide healthy bag lunches and beverages for students that do not partake in the hot lunch program.
- E. During the instructional day (7:45 am – 3:20 pm) the vending/non-vending sale of soda or artificially sweetened drinks is prohibited on school grounds. The District encourages nutritionally sound, food items for sale.
- F. All food and beverages sold outside of the school meal program shall meet the standards established in USDA's Smart Snacks rule.
- G. Concessions at school functions include healthy food choices in their offerings. It is recommended that these healthy food choices are offered at a lower profit margin to encourage selection by students.

Component 2: School based activities are committed to creating pleasant eating experiences.

- A. Food or physical activity is not to be used as a reward or punishment.
- B. Meal periods are to be long enough for students to eat and socialize, with other children and adults.
- C. Recess for elementary is to be a means to help alleviate the lack of physical activity, thus producing a better eating and learning environment.

Component 3: Schools that build nutrition knowledge and skills help children make healthy eating choices. Nutrition education is easy to teach, connect to state learning standards, be appropriate for student's age, reflect cultures, and provide opportunities to practice skills and have fun. Nutrition education curriculum should involve:

- A. Students in grades K-12 receiving high quality, interactive nutritional education that teaches the skills they need to adopt healthy eating behaviors.
- B. Nutrition is to be in the lunchroom as well as the classroom, and in coordination with the food service staff and teachers.
- C. Proper hand-washing techniques are to be taught and reinforced throughout the school year at all levels.

Component 4: Physical exercise is not to be overlooked as part of the school curriculum.

- A. Elementary are to have a minimum of 30 minutes per day of various physical activities on a regular basis.
- B. Older students are to have opportunities for physical activity through a range of school activities and classes.
- C. Physical education is to take into account height, weight and body mass for each student in the activity involved.

Component 5: The District is to take part in the National School Lunch and other food programs, which may become available to assure that all children in the District receive proper nourishment.

- A. Information on this issue can be found in District Policy 761 (Free and Reduced Price Meals; 761.1 (Reduced Application Form); 762 (Past Due Lunch Accounts); booklet "Competitive Foods and Foods of Minimal Nutritional Value".

Component 6: The District is to monitor the wellness policy and inform and update the public about the content and implementation of the policy.

- A. The District will inform families and the public about the content and any updates to the policy through the school website, social media, and/or Board of Education meetings.

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