

J-4950 JL
STUDENT WELLNESS

The District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. The District recognizes that healthy eating and physical activity are linked to overall wellness and that attention to these can help reduce the risk of developing chronic diseases as well as affect a student's ability to learn effectively and achieve high standards in school.

Schools play a critical role in creating a healthy environment for the prevention of childhood obesity and combating the health problems associated with poor nutrition and physical inactivity. This policy supports the framework to guide program and curriculum development as it relates to health and wellness.

The goal is to empower, inspire, and help students develop the knowledge, attitudes, skills and behaviors necessary to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle. To achieve this goal, the District shall strive to:

- Promote and motivate student wellness through physical activity, good nutrition, and instruction connected to diet and health.
- Create a positive school environment that provides consistent wellness messages that are favorable to healthy eating and being physically active.
- Provide students with the knowledge to assist in making life-long, healthy choices.
- Allow opportunities and support for students to be physically active.
- Supply the necessary tools for staff to promote physical health.
- Encourage members of the educational community to model healthy eating habits and physical well-being.

- Encourage parents and community members in the promotion of behaviors that enhance wellness.

Nutrition Education

The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures and is integrated into health education or core curricula. Nutrition education shall include, but not be limited to, the following components:

- Providing an introduction to basic nutrition for healthy food choices according to the food guide pyramid for children, while using informational hands-on activities to further enhance the learning process.
- Educating and coaching students on the importance of food choices to improve their physical, mental, and emotional well-being.

Nutrition Guidelines

Children need access to healthful foods while at school. Therefore:

- All foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans and are consistent with the Arizona Nutrition Standards.
- All schools in the District will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program.

Physical Activity

The District shall strive to provide a physical, social, and cognitive learning environment that encourages safe and enjoyable activity for all students. Efforts to promote physical activity shall include, but not be limited to, the following:

- Providing opportunities for students to acquire the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.
- Emphasizing active living, with a focus on physical activity that is valued and integrated into daily life.

- Including the instruction of competitive team sports and non-competitive activities to encourage life-long physical wellness in the physical education curriculum.
- Providing opportunities for physical activity through athletic and intramural sports programs.

Other Activities

The goal is to create a total school environment that is conducive to healthy living. The District shall strive to achieve this goal by addressing elements that include, but are not limited to:

- Promoting the use of school facilities for physical activity programs offered by the schools and/or community-based organizations outside of normal school hours.
- Providing an introduction to basic sun safety and skin cancer prevention.
- Limiting the use of food as incentives.
- Involving students and their families in activities such as community health fairs.

Program Evaluation

The District shall establish and maintain a Wellness Committee comprised of a District administrator, school administrator, school nurse, representative from the District's food services department, classroom teacher, physical education teacher, parent representative, and student representative.

- The committee will coordinate and ensure implementation of the Student Wellness policy.
- The committee will develop, promote, and oversee an annual plan to encourage student and staff health and wellness. The plan will be based on input solicited from school staff members, public/private partnerships, etc., and will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among students and staff.

- The committee will monitor and perform an ongoing annual assessment of the effectiveness of this policy, recommend revisions/updates, and report status of plan.

Adopted: June 13, 2006