

# **ADDISON CENTRAL SCHOOL DISTRICT**

## **DISTRICT WELLNESS POLICY**

The District recognizes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The District also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. Healthy eating and activities are essential for students to achieve their full academic and physical potential, mental growth, and lifelong health and well-being. This policy encourages a holistic approach to student and staff wellness that is sensitive to individual and community needs.

The Addison Central School 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. Therefore, the District will:

- a) Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies;
- b) Provide all students in grades Pre-Kindergarten through 12 opportunities, support, and encouragement to be physically active on a regular basis;
- c) Sell or serve foods and beverages at school that meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*;
- d) Ensure that qualified nutrition professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat;
- e) Participate to the maximum extent possible in federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, and
- f) Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education and school meal programs, and with related community services.

### **I. Nutrition Education and Wellness Promotion**

- Nutrition topics shall be integrated within the education curriculum and taught at every grade level (K-12).
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

- Schools will provide nutrition education lessons that cover topics such as making healthy choices according to MyPlate and reading a Nutrition facts label.
- Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life by participation in various health initiative activities.
- Community will be provided the opportunity to give feedback on wellness goals.
- Schools shall label/mark healthy food items available so students can identify the healthy items.
- Display and advertising of foods with minimal nutritional value is strongly discouraged on school grounds.

## **II. Standards for USDA School Meals**

- All schools will provide breakfast through the USDA School Breakfast Program.
- Encourage the consumption and choice of nutrient-dense food, such as whole grains, fruits, and vegetables.
- Parents and students will have the opportunity to provide input on local, cultural, and ethnic favorites.\*\*\*\*\*
- Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.
- Shall ensure that professional development in the area of food and nutrition is provided for food service managers and staff.
- Students shall be provided a pleasant environment in which to eat lunch.
- Will share and publicize information about the nutritional content of meals with students and parents.

## **III. Nutrition Standards for Competitive and Other Foods and Beverages**

- Vending machines shall include items which are healthful.
- Addison Central School District does not allow food/beverages to be sold at school stores.
- All food and beverages sold will strive to support the district's healthy eating guidelines.
- District encourages healthy snacks at parties.
- All food and beverages available to students at school are recommended to be food items low in fat, sugars, sodium's and calorie content.
- The district will provide teachers with guidelines on the use of food as a reward.
- The majority of beverages must be 100% juice, milk, water, and electrolyte replacement drinks.
- In school, reduced fat, low-fat or skim milk may be sold.

- Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

#### **IV. Physical Education and Physical Activity**

- We believe it is the right of every student to have the opportunity to enhance their physical well-being. We accomplish this by a progression that takes our students from kindergarten to twelfth grade from the simplest of motor skills and activities to refinement of skills in a variety of activities and ultimately to the pathway of lifetime activities and fitness for our graduates. We firmly believe that the development of the body is equally important as the development of the mind and that the two are not mutually exclusive and work in tandem to create a higher quality of life.
- The Physical Education Committee will submit for approval a K-12 comprehensive curriculum/program. All students shall participate in the instructional program of physical education. Student progress will be assessed at each grade level based on goals and learning objectives that are aligned to learning standards.
- Physical education class size is consistent with the requirement of good instruction and standing.
- The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- Physical education will be taught by a licensed instructor.
- Ensures PE staff will receive professional development on a yearly basis.
- Schools shall not give physical education credit to student involved in sports. Sports and academic activities may not take the place of physical education.
- Classrooms shall incorporate, where possible, appropriate, short breaks that include physical movement.
- Participation in intramural sports shall be an option for all students.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- Students should not be pulled out of physical education for any other content area instruction or punishment.
- Supervised recess time should be provided to all students within each school day at the elementary school.

#### **V. Evaluation**

- The principal will ensure that any vending machines available to students are in compliance with district standards by September 1 of each year.
- The Wellness Committee shall meet at least annually to review nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements.

- The Wellness Committee will prepare an update annually by June 30 of each year to the Superintendent. This update will evaluate the implementation of the Wellness policy and include any recommended changes or revisions.