

## **Wellness Policy on Nutrition and Physical Activity**

### **Policy Statement**

The Highland School District recognizes the importance of healthy schools, by supporting, modeling, and encouraging lifelong healthy nutrition and activity habits. The district is committed to creating and maintaining a culture within each school that supports the physical, emotional, mental, and social well-being of all its members. It's the belief of the district that nutrition and physical activity are integral to student achievement, attendance, and behavior.

Proper nutrition has been directly linked to reducing risk for developing many chronic diseases in children and adults. To ensure the health and well-being of all students, it is the policy of the Highland School District to implement the following:

### **School Meals**

- Ensure that all children have access to adequate and healthy food choices at reasonable prices: assure confidentiality offering free and reduces priced meals to families that qualify.
- The school district will provide healthy and safe school meal programs that comply with federal, state, and local statutes and regulations. All meals served will meet USDA nutrition regulations.
- Ensure that food service staff adheres to this policy to reinforce messages about healthy eating and to ensure that foods offered are handled and prepared properly to promote good nutrition, contributing to the development of life-long, healthy eating habits.
- Support and promote proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition guidelines. Foods should be served based on variety, appeal, taste, safety, preparation, and packaging to ensure high quality meals with an emphasis on nutrient density per calorie.
- A clean, safe, and pleasant meal environment will be provided for all students. Students will eat in the cafeteria. School sites will make every effort to provide sufficient time for all students to eat during meal periods, and will schedule meal periods at appropriate times during the school day.

### **Physical Activity**

- The Highland School District is committed to providing opportunities for physical activity throughout the school day. Opportunities include, but are not limited to daily recess periods, regular instructional physical education, co-curricular activities and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of after school programs including interscholastic activities at the middle school and high school levels, as well as through Cardinal Club at the elementary level.
- Recess should not be viewed as a reward, but a vital educational support component. Every opportunity should be made to avoid eliminating recess time as a means of punishment or to make up work.
- Each school is encouraged to create a plan for opportunities for physical activity during inclement weather, when outdoor recess is limited.
- Joint physical activities will be encouraged for parents and students.

- Teachers at all levels are encouraged to offer their students brain breaks during class periods where students are sitting for long periods of time.

### **Staff Wellness**

- The Highland School District highly values the health and well-being of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- The district will maintain a staff wellness committee that will develop, implement, and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from school staff.

### **Foods as Reinforcement**

- The school will not use foods and beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's IEP, behavior intervention plan or a 504 Individual Accommodation Plan)

### **Sharing Foods and Beverages**

- Students are not allowed to share food or beverages with one another during meal or snack times due to concerns about allergies and other dietary restrictions for some students.

### **Concession Stands**

- No homemade treats/snacks allowed at any school sponsored concession stand.

### **Vending Machines**

- Vending machines accessible during the school day will only contain water, flavored water, 100% fruit juice, low calorie sports drinks, and low fat milk.

### **Wellness Education**

- Students will receive nutrition education, physical education, and health education that is consistent with state standards and guidelines.
- Teachers will be provided with ongoing professional development regarding current nutritional and physical education instructional strategies and skills. They will provide a comprehensive learning environment for developing and practicing life-long behaviors.

### **Fundraising**

- Ensure that fundraising food/beverage sales are not held during hours that will conflict with the breakfast and lunch programs.

### **Classroom Celebrations and School Parties**

- The school wellness committee will disseminate a copy of the "Classroom Celebrations" policy to parents and teachers, and will serve as a resource.
- Classroom parties will not be held during hours that will conflict or compete with the breakfast and lunch programs. Approved time for these is after the lunch hour.

### **Communication and Promotion**

- The school will involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

**Implementation and Monitoring**

- The school wellness committee will be maintained to plan, implement, and improve the school district's nutrition and physical activity environment. Responsibilities include the establishment of policy goals, facilitating implementation of the policy, and evaluate policy compliance.

APPROVED: March 2011

REVISED: April 12, 2017