

## HEALTH AND WELLNESS

**Intent:** Fremont County School District #2 shall promote student well-being and academic achievement by support in quality nutrition and physical activity as part of the learning environment. The district's primary goal is to help students develop positive attitudes, behaviors and skills associated with lifelong healthful eating patterns as well as learn the short and long-term benefits of a physically active and healthful lifestyle.

### **Rationale:**

The District recognizes that healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and well being. Because students are in school for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong healthy eating and physical activity patterns.

### **Nutrition Education:**

- Students will be provided a model of a nutritious breakfast and lunch each school day, which follows federal guidelines.
- Students in K-12 benchmark levels (elementary, middle school, high school) will receive behavior-focused nutrition education that is interactive and teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy and enjoyable eating habits that last a lifetime.
- State and district health education curriculum standards and guidelines are met or exceeded.
- The school district will build awareness among teachers, food-service staff, coaches, nurses and other school staff about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.
- The school district will encourage parents, teachers, school personnel, and students to serve as role models in practicing healthy eating and being physically active.

### **Physical Education:**

- State and district physical education curriculum standards and guidelines are met or exceeded.
- Students will receive behavior-focused physical education that actively engages all youth, regardless of skill level, and encourages attitudes, skills and behaviors that promote a physically active lifestyle.
- Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.
- The school district provides an environment that encourages safe and enjoyable activity for all students.
- The school will encourage families and community members to support

programs outside of the school that encourage physical activity.

**Nutrition Guidelines for School Food and Beverages:**

- During each school day the food services program will offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
- The District will encourage teachers to feature healthy choices for classroom snacks.
- The promotion of healthy foods, including fruits, vegetables, whole grains, low-fat dairy products, and meats and other proteins is encouraged.
- The District shall provide appealing and attractive meals to children that offer a variety of healthy foods including fruits, vegetables, whole grains, dairy product, meats and other proteins.
- Beverage vending machines will offer healthier choices such as unsweetened fruit juices and water.

**Other School Based Activities to Promote Student Wellness:**

- Dining room supervisory staff shall maintain a safe, clean, and pleasant eating environment.
- Students shall have adequate time to eat, relax, and socialize after sitting down for lunch.
- Lunch periods will be scheduled as near to the middle of the day as possible.
- Safe drinking water shall be available through the school day.
- The District will encourage fund raising efforts that are supportive of healthy eating and physical activity.
- The District shall utilize a District Health and Wellness Committee that will help with the monitoring and reviewing of the Wellness Policy each year to assess any necessary changes to help make our District a healthy environment. The Committee will then report its recommendations to the School Board via the Superintendent for improvements and goals for the next year.
- It will be recommended that the District Health and Wellness Committee include: school nurse(s), teacher(s), parent(s), food service staff, student(s), school board member(s), an administrator, other school staff member(s), and community member(s).

**Measurement and Evaluation:**

The building principal and superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies.

Adopted September 20, 2011

Amended: January 21, 2014

Amended: November 18, 2014

Amended: March 21, 2017