**WHITMORE UNION ELEMENTARY**

**SCHOOL DISTRICT**

**Board Policy**

Students **BP 5030(a)**

**STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff,

a safe and healthy school environment, and parent/guardian and community involvement.

**School Health Council/Committee**

The Superintendent or designee will through a parent survey gather feedback concerning the wellness policy as well as school staff. The superintendent or designee will encourage staff, board members and the community to participate in the development of the students' wellness policy and have periodic reviews published on their school website.

**Nutrition Education and Physical Activity Goals**

The state's curriculum forms the base of our nutrition and physical education activities. Our rural environment provides a walking path around the school; however, walking or riding a bicycle to school is not encouraged because of the narrow roads that do not provide a shoulder to walk on. Students are encouraged to take an active role in recess activities. Walking field trips provide additional opportunities to exercise.

**Nutrition Guidelines for Foods Available at School**

The school's cafeteria staff adheres to the federal regulations regarding the National School Lunch and Breakfast Programs.

For all foods and beverages available on campus during the school day, the district has adopted nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779. and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b).

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students’ academic performance, accomplishments, or classroom behavior.

**BP 5030(b)**

**STUDENT WELLNESS (continued)**

School staff shall encourage The Parents Club, parents/guardians, or other volunteers to support the district’s nutrition education program by considering nutritional quality when selecting any snacks or fruits which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period whenever possible.

**Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(0(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize the district’s ability to provide nutritious meals and snacks, Whitmore School shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

**Program Implementation and Evaluation**

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:
1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. The nutritional content of school meals based on a sample of menus and production records
3. Student participation rates in the school meal programs, the exact numbers will not be posted due the small number of students attending.
4. No foods or beverages are sold on campus, food or beverages served at school will comply with nutritional standards.
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

**BP 5030(c)**

**STUDENT WELLNESS (continued)**

8. A description of district efforts to provide additional opportunities for physical activity

outside of the physical education program
9. A description of other school-based wellness activities offered, including the number of students participating, as appropriate. As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

**Posting Requirements**

The Superintendent or designee will keep the public informed of the district's wellness policy and of any updates to the policy on an annual basis. They will also inform the public of the progress being made towards the goals and have the policy available in the office and on the website.