

WHITMORE UNION ELEMENTARY SCHOOL DISTRICT

STUDENT WELLNESS

School Health Council/Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students (if willing to participate), school food service professionals, school administrators, Board representatives, and members of the public. The School Site Council will monitor the Wellness Policy Committee as part of their duties. (42 USC 1751 Note)

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC 1751 Note)

The cook will provide the school site council copies of the lunch and after school snack menu, which is given to students monthly, and the production sheets to back up the nutrition requirements for the menu and to demonstrate the compliance for the wellness policy review.

Nutrition Education and Physical Activity Goals

The cook will provide visual reinforcement of the benefits of fruits and vegetables by displaying posters.

K- 8 shall be provided opportunities to be physically active on a daily basis.

The Superintendent shall encourage staff to serve as positive role models. He/she shall promote a 10-15 minute exercise (walking or other physical activity) working session each day.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Encourage consistent health messages between the home and school environment.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines promoting student health and reducing childhood obesity. (42 USC 1751 Note)

Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

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.

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 scheduled after the lunch period.

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 Evaluation

The Superintendent shall designate at least one person (office manager or administrative assistant, who will work with the cook) within the district to be charged with operational responsibility for ensuring that the school site implements the district's wellness policy. (42 USC 1751 Note)

The School Site Council will reevaluate the Wellness Policy with input from students and parents, as well as any community member who would also like to contribute their input every two years. The results or findings of the School Site Council evaluation will be presented to the Board at one of their regular board meetings via the Superintendent or his/her designee. Upon the approval of the school board, a copies of the approved results shall be posted in the cafeteria, sent home to parents and posted on the website.

Posting Requirements

Whitmore Elementary School will post the district's policies and regulations on nutrition and physical activity in public view within the school's cafeteria. (Education code 49432)

The complete policy is located in the school office

Adopted June 14, 2011, to be reviewed in February 2014