

## Wellness

The school board recognizes the important role of the school district in educating all students regarding healthy life styles. It is the intent of the board to provide guidelines for a comprehensive set of wellness activities that should occur in our school and impact all students.

### Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following statements provide policy guidance for the nutrition education efforts of the district:

- \* Students in grades pre-K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- \* Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the foodservice staff and teachers.
- \* Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.
- \* District health education curriculum standards and guidelines will include both nutrition and physical education.
- \* Nutrition will be integrated into the health education and core curricula.
- \* Schools will link nutrition education activities with the coordinated school health program.
- \* Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

### Setting Physical Activities Goals

The primary goals for schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-and-long term benefits of a physically active and healthful lifestyle. Accordingly, the following guidelines are established:

- \* Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.
- \* Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- \* Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- \* Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

## Setting Nutrition Guidelines for All Foods and Beverages Available During the School Day

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal program. Guidelines addressing these activities include:

- \* The school district will set guidelines for foods and beverages in the food service program.
- \* The school district will set guidelines for foods and beverages sold in vending machines.
- \* The school district will set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- \* The school district will set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

## Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active. Guidelines for the district include:

### -Dining Environment

- \* The school district will provide a clean, safe, enjoyable meal environment for students.
- \* The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- \* Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.
- \* The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

### -Time to Eat

- \* The school district will ensure an adequate time for students to enjoy eating healthy foods.
- \* The school district will schedule lunch time as near the middle of the school day as possible.

#### -Consistent School Activities and Environment

- \* The school district will ensure that all school' fundraising efforts are supportive of healthy eating.

- \* The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

- \* The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

- \* The school district will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

- \* The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

- \* The school district will encourage all students to participate in a school meals program. (i.e. the National School Lunch).

#### Implementation of the Wellness Policy

The school board designates the principal with the operational responsibility for ensuring that the school fulfills this policy.

A plan to measure the implementation of the various components of the policy is to be constructed by a committee working with the principal. Periodic reports on the plan's progress are to be developed. Note: the plan is attached to this policy.

Legal References: Federal Regulation 7 CFR 210.11

NDCC 15.1-35

Chapter 67-21-02 NDAAdmC

Adopted:

## Wellness Policy Compliance Review

School Name \_\_\_\_\_ Date \_\_\_\_\_

The school will conduct an annual review of the wellness policies and procedures utilized at the Marvel School to measure compliance with the wellness policy of the district. This review will be completed by a team that includes representation from parents, students and staff. This form will serve as the basic compliance assessment. Additional information may be provided. The completed assessment will be filed with the principal.

**Part 1- Please rate your building's level of implementation of each of these statements found in the district wellness policy.**

**Fully      Partially      None**

Students in grades pre-K-8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Nutrition education will be offered in the cafeteria as well as in the classrooms, with coordination between the foodservice staff and teachers.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.

Comments: \_\_\_\_\_  
\_\_\_\_\_

District health education curriculum standards and guidelines will include both nutrition and physical education.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Nutrition will be integrated into the health education and core curricula.

Comments: \_\_\_\_\_  
\_\_\_\_\_

School will link nutrition education activities with the coordinated school health program.

Comments \_\_\_\_\_  
\_\_\_\_\_

School will conduct nutrition education activities and promotions that involve parents, students and community.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.

Comments: \_\_\_\_\_  
\_\_\_\_\_

Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Comments \_\_\_\_\_  
\_\_\_\_\_

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Comments \_\_\_\_\_  
\_\_\_\_\_

Schools will provide training to enable teachers, and other school staff to promote enjoyable lifelong physical activity among students.

Comments: \_\_\_\_\_

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The school district will set guidelines for foods and beverages in the food service program.

Comments: \_\_\_\_\_

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The school district will set guidelines for foods and beverages sold in vending machines.

Comments \_\_\_\_\_

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The school district will set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.

Comments: \_\_\_\_\_

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The school district will set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

Comments: \_\_\_\_\_

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The school district will provide a clean, safe, enjoyable meal environment for students.

Comments: \_\_\_\_\_

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The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.

Comments \_\_\_\_\_

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Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.

Comments: \_\_\_\_\_  
\_\_\_\_\_

The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Comments \_\_\_\_\_  
\_\_\_\_\_

The school district will ensure an adequate time for students to enjoy eating healthy foods.

Comments: \_\_\_\_\_  
\_\_\_\_\_

The school district will schedule lunch time as near the middle of the school day as possible.

Comments: \_\_\_\_\_  
\_\_\_\_\_

The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.

Comments: \_\_\_\_\_  
\_\_\_\_\_

The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

Comments: \_\_\_\_\_  
\_\_\_\_\_

The school district will make efforts to keep school physical activity facilities open for use by students outside school hours.

