

Logan Elm School District **Wellness Policy**

BOARD RESOLUTION FOR LOGAN ELM SCHOOLS WELLNESS POLICY

WHEREAS—children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

WHEREAS – good health fosters student attendance and education; and

WHEREAS – obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and

WHEREAS – the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in the same time; and

WHEREAS--overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

WHEREAS – reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn and play

WHEREAS – schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and private information and practical strategies to help children and adults adopt more healthy lifestyles; and

WHEREAS – the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006-2007 school year.

THEREFORE BE IT RESOLVED—that it is the intent of the Board of Education of the Logan Elm Schools to comply fully with the 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

BE IT FURTHER RESOLVED – that the Superintendent shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this district's wellness policy is developed, and shall recommend a policy to the Board not later than July of each school year; and

BE IT FURTHER RESOLVED – that the Board reserves the right to modify the recommended policy as it deems necessary; and

BE IT FURTHER RESOLVED – that said policy shall be adopted as presented and shall be effective on the first day of the school year beginning after July 1, 2006.

LOGAN ELM SCHOOLS BOARD OF EDUCATION
LOGAN ELM SCHOOLS WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Logan Elm School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the district's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal program, by supporting the development of good eating habits, and by promoting increased physical activity in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education, the District shall:

- Nutrition education shall be included in the Health curriculum so that instruction is sequential and standard-based and provides student with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education shall be including comprehensive Health curriculum in accordance with the curriculum stands and benchmarks established by the State.
- Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
- Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
- Nutrition education posters, such as Food Pyramid Guide, will be displayed in the cafeteria.
- The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
- Nutrition education shall extend beyond the school by engaging and involving families and the community.
- Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake and exercise in ways that are age-appropriate.
- Nutrition education standards and benchmarks promote the benefits of a balanced diet that include fruits, vegetables, whole grain products and low-fat dairy products.

- The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. Physical Activity, the District shall:

- A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- The K-12 program shall include instructions in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- Planned instruction in physical education shall teach cooperation, fair play and responsible participation.
- Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind.
- Planned instruction in physical education shall take into account gender, cultural and physical abilities.
- Physical activity shall not be used as a form of discipline or punishment.
- Physical activity and movement shall be integrated, when possible, across the curriculum and through the school day.
- The school shall encourage families and community organizations to institute programs that support physical activity.
- Schools shall offer a wide range of age-appropriate physical activities outside the regular school day that meet the needs, interests and ability of all students, including males, females, students with disabilities and students with special healthcare needs.

C. School Based Activities, the District shall:

- The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events.
- The schools shall provide attractive, clean environments in which the students can eat.

- Activities such as tutoring or club meetings shall not be scheduled during mealtimes, unless students may eat during those meetings.
- Students, parents and other community member shall have access to and be encouraged to use the school's outdoor physical activities facilities outside the normal school day.
- Students are discouraged from sharing their food or beverages with one another during meal times given the concerns about allergies and other restrictions on some students' diets.
- The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitling Food Service, the food service Program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverage as well as the fiscal management of the program.
 - B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the USDA.
- All foods available to students in the dining area during school food service hours shall comply with the current USDA dietary guidelines for Americans including competitive foods available to students' ala carte or from vending machines.
 - The food service program shall be administered by a qualified nutrition professional.
 - Continued training shall be provided to all food service personnel
 - All foods available to students in district programs, other than the food service programs (which meets USDA Guidelines) shall be served with consideration for promoting student health and well-being.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the district's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

Review of this policy shall occur on an annual basis by a committee appointed by the Board, consisting of a representative of the board, the administration, the food service program, the parents, the students and the public. The committee shall provide the board with any recommendation changes to the policy.

Policy Reference:

FILE EFG, Student wellness program

FILE EF/EFB food services management/free and reduced price food program

FILE EF/EFB students with special dietary needs

FILE EFF Food sale standards

This institution is an equal opportunity provider.

