

MOUNDS VIEW PUBLIC SCHOOLS ENDS AND GOALS REGULATION

EG-3106

Wellness

I. PURPOSE

The purpose of this regulation is to assure a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating, physical activity and healthy life-styles.

II. GENERAL STATEMENT

- A. The School District recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- B. The School District recognizes that nutrition, health and physical education are essential components of the educational process and that good health fosters student attendance and education.
- C. The school environment should promote and protect students' health, well-being and ability to learn by encouraging healthy eating, healthy choices and physical activity.
- D. The School District encourages the involvement of students, parents, teachers, Nutrition Service staff and other interested persons in implementing, monitoring and reviewing this wellness regulation.
- E. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
- F. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- G. Qualified Nutrition Service personnel will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings for students to eat.

III. GUIDELINES

- A. Foods and Beverages
 - 1. All foods and beverages made available through the federal breakfast and lunch program will be consistent with the nutrition standards established in the Healthy, Hunger-Free Kids Act of 2010.
 - 2. All competitive food and beverage options sold on school campus during the student day (vending machines, school stores and programs) will follow the District's nutritional guidelines.
 - 3. The School District will make positive efforts to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
 - 4. The School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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5. The School District will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
 6. The School District will discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- B. School Nutrition Service Program
1. The School District will provide healthy and safe school meal programs that will comply with all federal, state and local statutes and regulations.
 2. The School District will provide continuing professional development for all Nutrition Service personnel in schools.
- C. Wellness Education and Promotion
1. The School District will, as part of a comprehensive program, provide students with the knowledge and skills necessary to promote and protect their health.
 2. The School District will encourage all students to make age appropriate, healthy and balanced selection of foods and beverages.
 3. The School District will encourage enjoyable, developmentally appropriate, culturally relevant physical activities that support student wellness.
 4. The School District will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
 5. Classroom teachers are encouraged to integrate nutrition education, health education and physical activities into core curriculum areas such as math, science, social studies and language arts as applicable.

IV. IMPLEMENTATION AND MONITORING

- A. This wellness regulation will be implemented throughout the School District and reviewed annually by the Wellness Committee.
- B. The Wellness Committee will involve parents, students, nutrition services staff and school administrators as needed.
- C. The Wellness Committee will provide recommendations to administration to enhance the District's compliance with this wellness regulation.

April 2015