

POLICY: WELLNESS POLICY

POLICY NUMBER: 503.2

Oneonta City Schools - Wellness Policy

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The Oneonta City School System is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Oneonta City School that:

- Our schools will engage students, parents, teachers, food service personnel, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grade K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and the restrictions as implemented by the Alabama State Board of Education.
- Qualified child nutrition professionals will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Our schools will participate in the following federal school meal programs: the School Breakfast Program, National School Lunch Program.
- Our schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school programs, with related community services.

PREAMBLE

Oneonta City Schools (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social successes, we need to create positive, safe, and health-promoting environments at every level, in every setting, throughout the school year. This procedure manual outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy established goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day - both through reimbursable school meals and other foods available throughout the school campus - in accordance with Federal and state nutrition standards;
- Students receive quality nutrition educations that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school through physical education and extracurricular activities;
- Schools engage in nutrition and physical activity that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;

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- The District established and maintains an infrastructure for management, oversight, and implementation, communication about, and monitoring the policy and its established goals and objectives; and
- The District will coordinate the wellness policy with other aspects of school management, including the District’s School Improvement Plan, when appropriate.

This policy applies to all students, staff, and schools in the District.

I. SCHOOL WELLNESS COMMITTEE

Oneonta City Schools will create and maintain a district wellness committee (DWC) that meets at least two times per year to establish goals and oversee school health and safety policies and programs, including developments, implementation, and periodic review and update of this district-level wellness policy.

The DWC membership will include (to the extent possible) representatives from each school level and reflect the diversity of the community, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; mental health and social services staff; and the general public.

Leadership

The CNP Director or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. The CNP Director shall ensure compliance with established district wide nutrition and physical activity policies. Within each school, the school administrator or designee(s) shall ensure compliance of all district requirements and policies.

The contact information for the members of the DWC are as follows:

Name	Title	Email Address	Role
Terrie Coggins	Coordinator/Manager, CNP	tcoggins@ocsredskins.com	Committee Chair
Micheal Vise	Assistant Principal, OES	mvise@ocsredskins.com	Member
Brad Mitchell	Assistant Principal, OMS	bmitchell@ocsredskins.com	Member
Alex Strickland	Teacher, OHS	astrickland@ocsredskins.com	Member
Tawanna Clark	School Nurse	tclark@ocsredskins.com	Member
Cordell Webb	School Nurse	cwebb@ocsredskins.com	Member
Elize-Marie Zocher	Parent	ezocher@ocsredskins.com	Member

II. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

Implementation

Oneonta City Schools will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan outlines roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what changes, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, foods and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promotes student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports will be accessible and promoted to faculty, staff, parents, and students on Oneonta City Schools website.

The District will retain records to document compliance with the requirements of the wellness policy at each individual school site. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction;
- Documentation of the triennial assessment of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of the wellness policy.

Annual Progress Report

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. The annual report will be published around the same time each year in July and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader (s) identified in Section 1; and
- Information on how individuals and the public can get involved with the DWC or the overall School Wellness Committee (SWC).

The annual report will be available in English.

The District and schools will actively notify households/families of the availability of the annual report.

The DWC and individual schools will establish and monitor goals and objectives for the District's schools, specific, and appropriate for each instructional unit (elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy using the [Wellness School Assessment Tool-Implementation \(Well SAT-I\)](#) to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the [Alliance for a Healthier Generation's model wellness policy](#); and
- A description of the progress made in attaining the goals of the District's wellness policy.

The person responsible for managing the triennial assessment and contact information is Child Nutrition Program Director, Terrie Coggins, tcoggins@ocsredskins.com. The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District and schools will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issues. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snack in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. NUTRITION

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed attractively
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily fruit options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable or fruit options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., sandwich boxes, yogurt parfaits, etc.) are offered within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., grab and go boxes and hot lines)
 - Creative nutritional artwork by students is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options
 - Menus will be posted on the District website or individual school websites
 - School meals are administered by a team of child nutrition professionals.
 - The District child nutrition program will work to accommodate students with special dietary needs.
 - Students will be **allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch**, counting from the time they have received their meal and are seated.
 - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

In order to protect the privacy of students who qualify for free or reduced priced meals, students will use a code at the cash register for any purchases (meals or la carte). The district should take steps to ensure the students qualifying for free or reduced priced meals are not overtly identified. It is prohibited for students with unpaid balances to be shamed in any way. Schools must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. No meal will be thrown away as a result of any unpaid balances. Applications for free or reduced priced meals are sent home to all families at the beginning of the school year. Also, applications are available on the school website.

Participation in school meal programs are encouraged through the following:

- Available taste testing
- Second Chance Breakfast for high school students
- Scheduled bus routes for students to attend breakfast
- Tutoring, clubs, and organization cannot schedule during lunch unless students are allowed to purchase lunch to be consumed during meets
- Discourage consumption of competitive foods in place of school meals

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- Water cups will be available during mealtimes in the cafeteria for use at the drinking fountain or water dispenser.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and/or the Alabama Healthy State Standards. These standards will apply in all locations and through all services where foods and

beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. Beverages containing caffeine will not be sold on the high school campus during the school day.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards or will meet or exceed Alabama nutrition standards, including through:

1. Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#).
2. Classroom snacks brought by parents. The schools will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The schools will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). It is strongly discouraged to use foods and beverages as a reward. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior. *It is recommended that staff use physical activity as a reward when feasible.*

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may not be sold through fundraisers on the school campus* during the school day* (unless the District allows for exemptions of no more than 3 per school year). A list of healthy fundraising ideas available to parent organizations and teachers is available from *the* [Alliance for a Healthier Generation](#).

- Schools will be encouraged to use non-food fundraisers, and those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).
- Fundraising during school hours will sell only foods, beverages and non-food items that meet or exceed the Smart Snacks nutrition standards. The same will also be encouraged for fundraising outside school hours. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and the cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

All snacks that are served to students during after school programs will meet the same nutritional standards as food sold during the school day. It is encouraged that all snacks that are sold to students during after school programs will meet the same nutritional standards for food sold during the school day.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion may occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); or
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. The District encourages nutrition topics to be integrated within the comprehensive health education curriculum and taught at every grade level (K-12). Nutrition topics shall be integrated through courses such as health and FACS classes. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, and taste-testing (lessons including menu planning, reading nutrition labels, etc.);
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.
- All health education teachers will provide opportunities when possible for students to practice and rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders

- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The healthiest choices, such as salads and fruits, will be prominently displayed in the cafeteria to encourage students to make healthy choices. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards or Alabama state standards.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

IV. PHYSICAL ACTIVITY

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will seek to utilize varied opportunities to address physical activity in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in [Let's Move! Active Schools](#) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to any recess, physical activity breaks, or physical education) is strongly discouraged to be withheld as punishment. This does not include participation on sports teams that have specific academic requirements. The District will provide guidance to schools, teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

Students shall not be required to engage in physical activity as punishment.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 150 minutes per week throughout the school year. All District **secondary students** (middle school) are required to take physical education each school year providing 225 minutes per week of physical education instruction. All District **secondary students** (high school) are required to take the equivalent of one academic year providing 225 minutes per week of physical education instruction. Secondary students (high school) may not exempt the one academic year of physical education instruction, however, may substitute band for their physical education instructional credit as the District allows for participation through the state waiver. For additional emphasis on the importance of continuous physical activity, all District secondary high school students will be encouraged to take more than one academic year of physical education if possible within their schedules.

- Elementary school will provide at least 15 minutes of active daily recess to all elementary students.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Physical education classes will strive for students to be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be provided with opportunities for professional development.
- All physical education teachers for grades K-12 are required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The District will provide all students physical education that teaches them the skills needed for lifelong physical fitness and healthy habits that follow the [NASPE standards](#). The District will achieve this for all students by including in the health education curriculum the following essential or similar topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District supports teachers providing short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [Let's Move! Active Schools](#).

Active Academics

Teachers will receive District support for incorporation of physical activity, movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others). The active academic forum limits sedentary behavior during the school day.

The District will additionally support classroom teachers’ participation in annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be

physically active before and after school by: participating in school clubs, band programs and sports activities.

Active Transport

The District will support active transport to and from school, such as walking or biking at schools where and when it is safe for students along with the regular vehicle/school traffic. The District will support active transport by engaging in any of the activities below; including but not limited to:

- I. Designation of safe or preferred routes to school
- II. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- III. Instruction on walking/bicycling safety provided to students
- IV. Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- V. Documentation of number of children walking and or biking to and from school
- VI. Creation and distribution of maps of school environments (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum specialists.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary to the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of the wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year such as - color run, healthy eating opportunities, etc. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District

will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is (find subcommittee leader)

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include participating regularly in the School Breakfast Program and the National School Lunch Program, daily modeling of movement and physical activity and creating classroom instructional plans that support healthy eating and increased physical activity whenever possible. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

GLOSSARY

Extended School Day - time during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Appendix A: School Level Contacts

The Assistant Principal or Principal designee at each school will serve as the School Well Committee chair.

STATUTORY AUTHORITY:

Legal Ref.: State Department of Education Guidelines, Adopted July 12, 2006

HISTORY:

Adopted: 04/06 Revision Date(s): 02/16, 05/22 Formerly:
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