

STUDENT WELLNESS PROGRAM

As required by law, the St. Bernard-Elmwood Place School District establishes the following wellness program as a part of a comprehensive wellness initiative.

The St. Bernard-Elmwood Place School District recognizes that good nutrition and regular physical activity affect the health and well-being of the 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 programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. 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 District sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education:
 - 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 - 3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
 - 4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 - 5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
 - 6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

- B. With regard to physical activity:
 - 1. Physical Education
 - a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

- b. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
 - c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
2. Physical Activity
- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - b. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.
- C. With regard to other school-based activities:
- 1. The school shall provide an attractive and clean environment in which the students eat.
 - 2. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

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

- A. In accordance with Food Service Management Policy EF/EFB, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Food Service Management Policy EF/EFB, in regards to Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- D. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.
- E. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area, as well as food items and beverages from vending

machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

- F. 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.
- G. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans.
- H. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

The District Wellness Committee shall include parents, students, representatives of the school food service, educational staff, school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation and periodic update of this program. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

Members of the Wellness Committee shall be responsible for:

- A. Assessment of the current school environment;
- B. Review of the District's Wellness program
- C. Presentation of the Wellness program to the Board for approval;
- D. Measurement of the implementation of the program; and
- E. Recommendation for the revision of the program, as necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the program it deems necessary and/or appropriate.

The Wellness Committee shall report annually to the Board on the Committee's progress and on its evaluation of the program's implementation and areas for improvement, including status of compliance by individual school and progress made in attaining the program's goals.

The Superintendent/designee is responsible for informing the public, including parents, students and community members, on the content and implementation of this program. In order to inform the public, the Superintendent/designee shall provide and post the policy and program on the District's website.