8510 WELLNESS

As required by law, the Board of Education establishes the following wellness policy for Riverside Hagar Township SD#6.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes 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 development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school's meal programs, but supporting the development of good eating habits and b y promoting increased physical activity both 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 not on the staff, but also that 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. With regard to nutrition education, the District shall:

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 extend beyond the classroom by engaging and involving the school's food service staff.

3. Nutrition education posters, such as My Plate or Portion Distortion, will be displayed in the cafeteria.

4. The Food Service Director will develop a Wellness Newsletter 3 times per year, Fall, Winter & Spring. The newsletters will be sent home with each student.

B. With regard to physical activity, the District shall:

1) Physical Education

a. A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the standards and benchmarks established by the State.

b. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

c. Planned instruction in physical education shall take into account gender and cultural differences.

2) Physical Activity

a) Physical activity should not be employed as a form of discipline or punishment.

b) The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.

c) All students in grades 7-8 shall have the opportunity to participate in interscholastic sports programs.

d) Community program flyers that promote physical activity (such as: cheer, button twirling, YDC or YMCA) will be provided to students for information purposes.

A. With regard to other school-based activities the District shall:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs of events.

2. The school shall provide attractive clean environments in which students eat.

3. Activities, such as tutoring, or club meetings shall not be scheduled during meal times, unless students may eat during those meetings.

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, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation and consumption and disposal of food and beverages as well as to 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 U.S. Department of Agriculture (USDA).

C. The food service program will strive to be financially self-supporting; however, if it is necessary to subside the operation, it will not be through the sale of foods with minimal nutritional value.

D. 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.

The Principal shall develop administrative guidelines necessary to implement this policy, including but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal. The Board designates the Principal and Food Service Director as the individuals charged with the operational responsibility for verifying that the District is meeting the goals established in this policy.

Review of this policy shall occur annually by a committee appointed by the Board, consisting of a representative(s) of the Board, the Administration, the food service provider, the Food Service Director, a parent representative, a student representative and the public. The committee shall provide the Board with any recommended changes to this policy.

Furthermore, the parents, students and public shall be notified annually of this policy and the ability to address the committee and have input on this policy. This notification shall occur through a manner chosen by the Principal and Food Service Director.

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