

## STUDENT WELLNESS

### 1. Purpose

Blackhawk School District recognizes that wellness and proper nutrition are related to student's physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

### 2. Authority

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

- A School lunch program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established guidelines.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

### 3. Delegation of Responsibility

The Superintendent shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

The Superintendent shall report to the Board on the district's compliance with law and policies related to student wellness.

(See Administrative Guidelines for all food and beverages sold.)

(See Administrative Guidelines for activities and programs conducted to promote nutrition and physical activity.)

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.

### 4. Guidelines

#### **Wellness Committee:**

The Board shall appoint a Wellness Committee comprised of at least (1) of each of the following: School Board member, district administrator, district food service representative, teacher, student, parent/guardian, member of the public.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with the law to recommend to the Board for adoption.

The wellness Committee shall provide periodic reports to the Superintendent regarding the status of its work as required.

District schools shall determine how they will contribute to the effort to provide students opportunities for appropriate physical activity.

Students and the community shall have access to physical activity facilities outside school hours.

**Physical Education:**

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standard shall be developed and implemented.

Physical activity shall not be used as a form of punishment.

**Other School Board Activities:**

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

**Nutrition Guidelines:**

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Competitive Foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs.

(See Administrative Guidelines for all food and beverages sold.)

## **Administrative Guidelines for all food and beverages sold**

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

1. The following standards apply to all foods offered Ala Carte During the school day:
  - Foods of Minimal Nutritional Value (USDA regulation 7 CFE 210 and 220) will not be available anytime during the school day.
  - Portion sizes will not exceed the standard portion sizes for foods offered in the breakfast or lunch program.
  - The majority of food items offered will not contain added sugar as the first ingredient.
  - A selection of whole grains will be available on a daily basis.
  - Fresh fruits and vegetables will be offered daily.
  - Marketing and pricing strategies will be used to encourage selection of healthier foods.
  
2. Foods available during the school day (outside the school lunch/breakfast program) include the following:
  - Fundraisers
  - Student stores
  - School parties/celebrations

Healthy snacks will be encouraged and modeled by all classroom teachers at classroom events during school hours. Food offered during the breakfast or lunch meal times will be coordinated with the Food Service Director.

3. Food Safety/Food Security - All foods made available will comply with the state and local safety and sanitation regulations.
  - Hazard Analysis Critical Control Points (HACCP) procedures are followed by the foodservice department in order to prevent food borne illness.
  - For safety and security reasons, access to the kitchen is limited to staff during meal times.
  - Two food safety inspections are conducted by the USDA for each building yearly.