

Vallivue School District #139

Prior to the beginning of the 2006-2007 school year, the district will develop and implement a school wellness policy. The superintendent will appoint a committee, the membership of which will include one (1) or more individuals representing each of the following interest groups: school board, administration and staff, school lunch program, parents, students, and the public. The committee will seek public input in the development of the school wellness policy and will submit a recommended policy to the board for its consideration no later than June 2006.

The committee will review the needs of the district relative to school wellness and develop a recommended policy for the board's review that addresses the federal requirements as set forth below:

1. Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
2. Nutritional guidelines selected by the school district for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
3. An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and Sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1) and 1766(a)), as those regulations and guidance apply to schools; and
4. Establishment of a plan for measuring implementation of the local wellness policy, including designation of one (1) or more persons within the district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

**WELLNESS POLICY**

The Vallivue Board of Trustees is committed to providing a school environment that promotes and protects the health and well being of its students and staff. The Board encourages all members of the school community to create an environment that supports lifelong habits of healthy eating and regular physical activity by:

1. **Emphasizing nutrition education.**

The district shall provide age-appropriate nutrition and wellness education to students through established district curricula and provide opportunities for students to select healthy, nutritious food items during the school day.

Educators are discouraged from using candy and other foods and beverages with low nutritional value as rewards and will be provided information about nutritional alternatives. Concessions, fundraisers, occasional class parties and celebrations are exempt from the guidelines established in this policy. However, providing healthful options is strongly recommended.

Building administrators will work with vendors and vending contractors to provide guidelines for healthy choices in vending machines, if vending machines are available in the building.

2. **Encouraging physical activity.**

The district shall provide physical education as required by *Policy #601.1: High School Graduation Requirements* and *Policy #603.11.1: Core of Instruction*, provide daily recess that encourages physical activity at the elementary level, and offer opportunities and encouragement for students and staff to be physically active.

3. **Adhering to nutritional guidelines.**

Food service personnel will meet regulations and guidelines established by the USDA.

4. **Implementing, monitoring, and evaluating this policy.**

The building principal or designee will be responsible for implementing and monitoring this policy and for providing staff awareness of healthy alternatives.

The Superintendent or designee will establish measures to evaluate the implementation of this policy.

For evaluation document, see procedures.

LEGAL REFERENCE:

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

ADOPTED: May 2006

AMENDED: