

## WELLNESS POLICY GUIDELINES

### **Nutrition Education:**

- Nutrition education will be provided each month via printed monthly menus to all parents and students.
- Food and Nutrition Services Manager Interns will continue to teach nutrition education in the schools as part of their intern training.
- The Stride Right Program that promotes healthy snack choices and increased activity will be offered in all elementary schools.

### **Health Education:**

- Health education class will give students the opportunity to learn the role that various nutrients have in the body in order to maintain good health and disease protection.
- Students in health education classes will be encouraged to discuss with family members cultural food choices to determine the potential effect on the family's health.
- The knowledge of the value of good nutrition will enable students and families to make positive choices when purchasing food items.

### **Physical Activity:**

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.

### **Other School Based Activities:**

- Support for the health of all students will be fostered by school nurses who provide vision, and scoliosis screening at appropriate grade levels, with referral and help to obtain financial assistance for students who are determined to have a problem.
- To monitor physical growth and development, Body Mass Index (BMI) will be calculated by Health Services for appropriate grades and for students who fall outside of normal range for height and weight. Results will be sent home to parent/guardian.
- Programs such as hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades by school nurses.
- School Nurses will also be available to develop health care plans and offer student health education on a one-to-one basis when needed.

### **Food Safety:**

- All food service managers will achieve the Serve Safe certification through the National Restaurant Association.
- All food service workers will achieve the Safe Staff certification through the National Restaurant Association.
- Foods prepared by the food service department will comply with the state and local food safety and sanitation regulations including Hazard Analysis Critical Control Point (HACCP) plans and guidelines that have been implemented to prevent food illness in schools.

### **Eating Environment:**

- Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP) and/or pre-approved by the principal.