

University Preparatory Science & Math WELLNESS POLICY Goals The board is committed to providing intellectually stimulating school environments that promote and protect children's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

To meet this commitment, the district will be guided by the following policy goals:

1. The health of our students is essential to their academic success. When faced with conflicting priorities or issues of implementation, this policy will be interpreted in a way that favors student health. 2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active

on a regular basis. 3. Schools will provide access to a variety of affordable, nutritious, and appealing foods that meet the health and

nutrition needs of students; take into consideration the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat. 4. To the maximum extent practicable, all schools in the district will participate in available federal school

meal programs. 5. The school district supports a coordinated approach to school health which includes: comprehensive school

health education, physical education, school health services, school nutrition services, counseling, psychological, and social services, healthy school environment, school-site health promotion for staff, and family and community involvement.

### **Physical Activity**

#### 1. During the School Day

Physical activity includes regular instructional physical education, co-curricular activities, and recess at the elementary level. All students will be expected to participate in regular physical activity and will be provided with appropriate opportunities for participation in physical education. All students will be encouraged to further participate in physical activity through co-curricular activities and recess. The district will encourage the integration of physical activity with the academic curriculum, based on research findings relating physical activity and learning. Recognizing the critical importance of sufficient physical activity for students, schools will withhold recess to allow students ample time to complete assignments when necessary. Physical education will not be withheld as punishment.

#### 2. Before and After School Activities

Students will be encouraged to participate in physical activity through before- and/or after-school programs including intramurals, interscholastic athletics, and physical activity clubs. To encourage broad participation in extra-curricular activities, the district will work with the community and other agencies to reduce barriers to participation and expand opportunities through partnerships with youth activity organizations, scholarships, subsidies, and other methods.

#### 3. Parent and Community Support

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

## **Nutrition Education**

### **1. Fostering Lifelong Healthy Eating Habits**

Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. Students will receive consistent nutrition messages throughout schools, classrooms and cafeterias.

### **2. Nutrition Education Curriculum**

The aim of the curriculum will be for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and vitality and help prevent chronic disease. Nutrition education activities should be coordinated with the food service program, the core curriculum and the school health program, as appropriate, and should be enjoyable, developmentally-appropriate, culturally- relevant, and participatory.

### **3. Community Involvement**

Schools will promote family and community involvement in nutrition education, such as developing school gardens and providing students with opportunities to learn about sustainable agriculture and how food is grown in the community.

## **Other Activities That Support Student Wellness**

The district will strive to provide access to Local Health Clinics for all students, as fiscally possible.

## **Nutrition Standards**

Decisions regarding the sale of foods in addition to the National School Breakfast and Lunch Program meals will be based on nutrition goals, not solely revenue.

### **1. National School Breakfast and Lunch Programs**

The district's food service operations will provide nutrient-dense, tasty, food that reflects the district's cultural diversity, includes varied daily vegetarian options and offers a variety of fruits and vegetables. The district will set nutrition standards that meet or exceed those set by the National School Breakfast and Lunch programs. To the extent possible, the district will operate the National School Breakfast Program in schools and employ strategies that encourage participation in the program. Recognizing the importance of sufficient time to eat and of a pleasant, relaxed eating environment, schools will adopt a minimum number of minutes that students have to eat breakfast and lunch and will consider other strategies, that contribute to healthy eating.

## **Competitive Foods**

Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and anything that competes with breakfast and lunch programs.

Competitive foods shall meet nutrition and portion size guidelines set by the Superintendent, with input from the Wellness Advisory Committee. The District encourages “Healthy Snacks” and “Healthy Parties”. Foods of Minimal Nutritional Value, as defined by the U. S. Department of Agriculture, shall not be sold to students on school campuses during the school day.

### **1. A La Carte**

In addition to reimbursable meals, the district food service operation may sell food a la carte. A la carte offerings shall be selected with the goal of offering predominantly high quality, nutritious food.

### **2. Vending Machines**

Vending machines accessible to students on school campuses shall include only nutritious food options. The district will use strategies to promote healthy food choices such as setting lower prices for healthier options, and offering a high percentage of nutritious food options.

### **3. Distribution of Competitive Foods**

#### **a) Celebrations**

Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour whenever possible.

#### **b) Use of Food as Incentive or Reward**

Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, are not to be distributed by staff as a reward for academic performance or good behavior. The use of any candy as a reward for academic performance or good behavior is strongly discouraged. Other food as an incentive, or reward, or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use

#### **c) After-School Events Sponsored by District**

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snacks guidelines.

**Policy Implementation** The Superintendent is responsible for implementation of this Wellness Policy. To assist in this effort, the superintendent will appoint a Wellness Advisory Committee. The committee will advise the Superintendent on the development of administrative rules related to this policy and provide guidance on implementation of the policy.