

## WELLNESS AND NUTRITION

Nutrition. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- A. Nutrition guidelines that are consistent with state and federal requirements shall be established for all foods offered by the district's Nutrition Services Department. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- C. A la carte offerings to students shall meet state and federal requirements and shall be selected with input from students, parents and staff.
- D. All snacks sold in school during normal school hours shall meet 'Smart Snack' requirements according to state and federal guidelines.

Health Education and Life Skills. Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- A. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- B. Students shall have access to valid and useful health information and health promotion products and services.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Physical Education and Activity. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- A. Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

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- B. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- C. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

Healthy and Safe Environment. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- A. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- B. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- D. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being. Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

- A. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- B. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- C. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

Health Services. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- A. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the school district and the Nebraska Department of Health and Human Services.

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- B. The district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- C. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

Family, School and Community Partnership. Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- A. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
- B. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- C. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- D. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

A wellness plan to supplement the district wellness policy will be written that provides specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. A wellness committee that allows for participation by students, community members, teachers, school nutrition workers, and school administrators, will collaborate on creating and updating the wellness plan. The wellness policy and plan will be assessed by the superintendent and reviewed the board of education a minimum of once every three years in accordance with federal regulations. The wellness plan will be reviewed by the wellness committee at least once a year to update specific wellness goals for the school.