

WELLNESS POLICY

With the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally-funded National School Lunch Program (NSLP). The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. Criteria are required in meeting the objective: nutrition education, physical activity, nutrition standards, nutrition promotion, and other school based activities. New rules for public input, transparency and implementation were added with the Healthy, Hungry-Free Kids Act of 2010, PL 111-296.

The Brandon Valley School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students.

- The school district will engage a committee composed of students, parents, teachers, (including teachers of physical education), administrators, school board member(s) food service professionals, health professionals (including school health professionals), and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity goals.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served during regular school day hours will meet the nutrition recommendations of the NSLP.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that will meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings with adequate time for students to eat.
- To the maximum extent possible, the district will participate in available federal school meal programs.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services and other school based activities.

The Child Nutrition/Wellness Committee will develop, implement, monitor, review and as necessary, revise school nutrition and physical activity programs, as well as inform and update the public about content and implementation of nutrition and activity programs. Each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. Assessments will be repeated to review policy compliance, assess progress, and determine areas in need of improvement.

As part of that review, the Wellness Committee will review nutrition standards with education goals; physical activity and education goals; and evaluate the provision of the environment to support healthy eating and physical activity.

The District's Wellness Coordinator shall be responsible for implementation and compliance with this policy.

ADOPTION DATE: June 26, 2006
REVIEWED DATE: April 14, 2008
REVISION DATE: January 13, 2014