

HORTONVILLE AREA SCHOOL DISTRICT

Title: Student and Staff Wellness

Date Adopted: 6/26/06

Policy No. 6004

Date Revised:

Page 1 of 2

Policy Statement:

Proper nutrition and regular physical exercise affect the physical growth, development, and on going well being of all individuals.

Rationale:

Nutrition and physical exercise influence development and learning.

Scope: District-wide

Responsibility:

Efforts to promote good nutrition and physical exercise are the shared responsibility of the District Administrator, Administrators, Staff, the Director of Food Services, and the Wellness Committee.

Implementation:

- I. In order to create and maintain an environment which supports and teaches healthy eating habits as well as physical activity, the Food Service Department, health curriculum, and physical education curriculum, will work together as follows.

Food Service – The Food Service Department will promote healthy meals and meal alternatives as part of the educational learning environment. Guidelines used for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to schools.

Nutrition Education Curriculum – The health curriculum will educate students to develop the knowledge, attitudes, skills, and behavior for life long healthy eating habits and physical activity. Included in the health curriculum as a performance goal, is that students will learn good food habits to help build and maintain good health. This performance goal is promoted throughout the K-12 nutrition curriculum.

In grades K-3, instruction focuses on identifying the different food groups and the benefits of each in maintaining a healthy body. In grades 4-6, a greater emphasis is placed upon understanding the impact that key nutrients have on different body systems. In grade 8, students gain a greater understanding of how self-image impacts eating behaviors and the importance of taking care of oneself both physically and emotionally. At the high school level, students more thoroughly study the importance of a healthy diet.

Physical Education Curriculum – The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.

President _____ Date June 26, 2006

Clerk _____ Date June 26, 2006

Students receive instruction in the five health related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition). The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal. Students use pedometers and heart rate monitors at various grade levels to evaluate their personal performance.

The HASD nutrition and physical education curriculum meets or exceeds the State curriculum standards.

- II. The following key nutrition guidelines are encouraged on a District-wide basis (see Policy #6003 for a more complete list):
 - The sale or distribution of nutrient dense foods for all school functions, fundraisers and other activities
 - Provide food options that are low in fat, calories, and added sugars
 - The vending or non-vending sale of soda or artificially sweetened drinks will be prohibited during the instructional day
 - The vending of candy will not be permitted
 - All fundraising projects are encouraged to meet the District's nutritional standards
 - Items being sold must not interfere or compete with the National School Lunch or Breakfast program
- III. The District supports other school based activities such as:
 - Providing a clean, safe, and enjoyable meal environment
 - Providing adequate time for students to eat
 - Encouraging teachers to use non-candy food items as a classroom reward
 - Encouraging students to take part in school sponsored co-curricular activities
- IV. The District's Wellness Committee will annually develop an action plan which may address nutrition, physical education, and other school-based activities. The goal of the action plan is to promote student, staff, and community wellness. The plan will include: goals, strategies, the individual(s) responsible for implementation and the assessment of each developed goal, or other information as the committee deems necessary.
- V. Wellness Committee Structure – The Wellness Committee should strive for representation from parents, students, Administration, the Food Service Director, and the School Board. Annually and generally at the start of the new school year, the Wellness Committee shall elect a Chairperson and Secretary from the committee membership by secret ballot, and the term of office shall be for one year. The Wellness Committee does not have the authority to implement change but may make recommendations to the School Board for consideration.

Associated Information: Policy #6003 School Nutrition Guidelines