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| Book    | Policy Manual   |
| Section | 8000 Operations |
| Title   | WELLNESS        |
| Code    | po8510          |
| Status  | Active          |
| Adopted | June 20, 2006   |

## 8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Caseville School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play a role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
4. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
5. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

B. With regard to physical activity, the District shall:

### 1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards established by the State.
- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- e. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- f. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- g. Planned instruction in physical education shall be presented in an environment free of embarrassment.
- h. Planned instruction in physical education shall include cooperative as well as competitive games.
- i. Planned instruction in physical education shall take into account gender and cultural differences.
- j. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

### 2. Physical Activity

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. All students in grades K-4 shall be provided with a daily recess period.
- c. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- d. All students in grades 3-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- e. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities the District shall:

1. The school shall provide attractive, clean environments in which the students eat.
2. Students are permitted to have only bottled water in the classroom.
3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
4. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
5. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
6. The schools shall demonstrate support for the health of all students by screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
7. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced price meals.

42 U.S.C. 1771