

DISTRICT WELLNESS PROGRAM

Table of Contents

Nutrition Guidelines	2
Nutrition Education	2
Physical Activity.....	3
Other School-Based Activities.....	5
Community Involvement.....	5
Family Involvement.....	5
Marketing and Advertising.....	6
Meal Times.....	6
Outdoor Elements.....	7
Staff Development and Training.....	7
Staff Wellness.....	7
Sun Safety.....	7
Tobacco.....	7
Oversight and Evaluation.....	7
Compliance Indicators.....	7
Policy Review.....	8
Policy 2705: Student Welfare-District Wellness Program.....	9

1. Provide students at all grade levels with adequate nutritional knowledge including, but not limited to:
 - < The benefits of healthy eating.
 - < Essential nutrients.
 - < Nutritional deficiencies.
 - < Principles of healthy weight management.
 - < The use and misuse of dietary supplements.
 - < Safe food preparation, handling and storage.

2. Provide students with nutrition-related skills that minimally include the ability to:
 - < Plan healthy meals.
 - < Understand and use food labels.
 - < Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid.
 - < Critically evaluate nutrition information, misinformation and commercial food advertising.
 - < Assess personal eating habits, nutrition goal-setting and achievement.

3. Provide instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testings, farm visits and school gardens.

4. Encourage district staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks, soup kitchens or after-school programs.

5. Ensure that school counselors and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.

6. Coordinate the food service program with nutrition instruction. Food service staff should also work closely with those responsible for other components of the school health program to achieve common goals.

6. Encourage periods of activity when students have been inactive for two or more weeks.
7. Provide and encourage--daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.
8. Provide opportunities and encouragement for staff to be physically active.

Other School-Based Activities

The district's goal for other school-based activities is to ensure an integrated whole-school approach to the district's wellness program. The district will achieve this goal by addressing the areas itemized below.

Community Involvement

School instructional staff will collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of the district.

The wellness program shall make effective use of district and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Family Involvement

The district will strive to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors. Strategies the district may implement to achieve family involvement may include, but are not limited to:

1. Providing nutrition information to parents/guardians in the forms of newsletters, handouts and weblinks.
2. Providing nutrient analyses of district menus.
3. Providing parents/guardians a list of appropriate foods that meet the district's nutrition standards for snacks.
4. Providing parents/guardians with ideas for healthy celebrations, parties, rewards and fundraising activities.
5. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the district's nutrition standards for individual foods and beverages.

Outdoor Elements

The district will be responsible for daily monitoring of Air Quality Index (AQI), Temperature, Heat Index, Wind Chill, Inclement Weather.

Staff Development and Training

All staff will be provided with periodic training and professional development related to all areas of student wellness.

Staff Wellness

The Fox C-6 School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Sun Safety

"Sun safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. Sun safety education will be addressed in PE and Health Classes

Tobacco

Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance with Board policy, relevant administrative procedures and law.

Oversight and Evaluation

The district Administration is responsible for monitoring implementation of the district wellness program. Input will be solicited from a variety of sources, including but not limited to, Food Service Director, Principals, Head Nurses, Wellness Committee.

Compliance Indicators

The wellness committee will compile information for compliance. The following indicators to measure the programs impact will be used.

1. Physical fitness reports.
2. Number of healthy food items available in vending machines.
3. Number of discipline problems.
4. Achievement levels of students.
5. Student Absenteeism