

## **ADMINISTRATIVE RULE 458**

### **AR 458 – Health and Wellness Promotion**

All students and staff, through a comprehensive curriculum and professional training will be able to acquire the knowledge and skills necessary to prepare them for a life time of making healthy wellness choices.

- School staff will receive timely information via reminders that will serve to inform staff and students of ongoing and upcoming community events that support wellness.
- Family and community members will be informed of the concepts of wellness and school-based policy that the school district supports.
- Family and community members will be invited to attend informational meetings, volunteer time and talents, and support wellness practices in their homes and community.
- The school district will work with local businesses that offer wellness education and classes to develop programming for students, staff and families participating jointly in efforts towards overall health and wellness.
- The services of qualified wellness professionals will be utilized to support wellness awareness, knowledge and practice.

### **Food and Beverages During the School Day**

- All students will have access to healthy food choices during the instructional day. The practice of good nutritional choices will be encouraged by reducing the sale or distribution of foods of minimal nutritional value.
- Morning milk break should be taken 1½ to 2 hours before lunch.
- Parents will be encouraged to provide healthy snacks and treats for student celebrations and other events. Birthday or other treats/rewards should be given to students with the afternoon break.
- When using food as a part of a class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices or provide non-food incentives. Curricular-based food experiences should model good nutritional choices.
- All foods available on school grounds during the instructional day should meet or exceed the current federal guidelines which also includes foods used for fund raising by organizations.

- Vending sales of soda or artificially sweetened drinks will not be permitted during the instructional day for students.
- Skim and 1% milk, water, and 100% fruit juices may be sold on school grounds prior to, during and after the instructional day.
- The District encourages the consumption of water (excludes flavored water) by permitting the use of water bottles in all classrooms with the exception of those places where food and/or drink are prohibited.

### **Food Environment**

- Schools will provide an attractive dining area with adequate seating to promote a pleasant eating environment for students and staff.
- Schedules will allow a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast before being dismissed.
- Drinking water and hand-washing facilities will be available for students at all times. Students will be encouraged to wash their hands before meals.

### **Food Service Operations**

- All food service equipment and facilities must meet applicable state standards concerning health, safe food preparation, food handling, sanitation and workplace safety.
- All food service personnel shall have adequate pre-service training and participate in continuing professional development activities that address promoting healthy eating behavior, food safety, and other topics relevant to their job duties.
- All meals will be attractive to the eye, promote good nutrition, and contribute to the development of lifelong, healthy eating habits by encouraging the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables. Menus over the course of a week should meet the nutrition standards recommended in the Dietary Guidelines for Americans.
- A la carte foods will include a variety of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat foods.
- The district will employ a Director of Student Nutrition who is properly qualified according to professional standards to administer the food service program.

### **Physical Activity and Physical Education**

- A quality physical education program will be provided for all students to learn about and participate in physical and fitness activity.

- Buildings will look for additional opportunities to integrate wellness and physical activity within the school day.
- The district will work cooperatively with community partners to promote physical activity for staff and students.

### **Monitoring and Evaluation**

- The effectiveness of the District's Health and Wellness Policy will be evaluated. The school principal in cooperation with the building's representative to the Health and Wellness Committee will be responsible for completing the evaluation.
- The Health and Wellness committee will meet regularly to monitor progress and make recommendations.