

## **CORBIN INDEPENDENT SCHOOLS LOCAL WELLNESS POLICY**

### **STUDENTS**

#### **Student Welfare and Wellness**

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student's health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following.

The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this policy, as well as District-wide nutrition and physical activity opportunities, plans, and initiatives.

All students will have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that 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 and adequate time for students to eat. To the maximum extent practicable, schools 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, school meal programs, and related community services.

#### **School Health Council**

Each school is encouraged to establish a health council consisting of individuals representing the school and community, including, but not limited to, parents, students, and representatives of the school food, school administrators, teachers, health professionals, and members of the public.

## **Nutrition Education and Promotion**

Each school is encouraged to provide nutrition education and engage in nutrition promotion that:

Is offered at each grade level as part of sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

Is part of not only health education classed, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

Links with school meal programs, other school foods, and nutrition-related community services:

Teaches media literacy with an emphasis on food marketing: and includes training for teachers and other staff.

## **Monitoring**

The Superintendent/designee will monitor compliance with this and related policies. At the school level, the Principal/designee will monitor compliance with those policies in his/her school and will report on the school's compliance as directed by the Superintendent/designee.

7/1/2006