

## **HIGH SCHOOL FOR RECORDING ARTS WELLNESS POLICY**

### **PURPOSE**

The purpose of this policy is to encourage and support healthy learners who thrive in our school communities and to assure a school environment that promotes and protects students' safety, well being and ability to learn. To that end the policy incorporates physical activity, nutrition and other health supports.

### **GENERAL STATEMENT OF POLICY**

1. The school district provides tools, strategies, techniques and connections to develop healthy and optimistic learners.
2. The school district respects the values, cultures, beliefs and traditions of each student.
3. The school district recognizes the individual needs and developmental stages of students.
4. The school district recognizes that good physical and mental health fosters improved student attendance, education and learning.
5. School district personnel engage in collaborative efforts between school and community services to ensure a continuum of services.
6. The school environment should promote and protect student safety, well being and ability to learn by providing programming, curriculum and services that address healthy behavior, skills and knowledge.
7. School district personnel seek to accommodate special needs by identifying barriers to learning.
8. The School district recognizes that balanced nutrition and physical activity promotes emotional well-being.
9. Future Considerations – The Wellness Committee will make additional recommendations to the School Board.

### **REPORTING**

The Superintendent shall implement administrative procedures that ensure the implementation of the wellness policy. These procedures shall include designation of district-level personnel responsible for the implementation of the policy.

### **TRAINING**

The school district will develop and implement a method of discussing this policy with students and school district personnel. The district shall ensure that students and school district personnel receive additional training as necessary, regarding behaviors that promote good health and steps to change or improve health.

### **PHYSICAL ACTIVITY**

1. Our school will strive to make continuous progress towards physical education classes that meet the National Standards.
2. Students will demonstrate an understanding of skills and techniques to achieve and maintain life-long personal fitness.
3. Students will have access to physical education class and/or fitness-oriented activities regardless of behavioral or academic status.
4. Our school will refrain from using exercise as a consequence for negative behavior.

5. Our school will work to develop and coordinate physical activity opportunities before, during and after school.
6. Our school will engage students in a variety of physical throughout all disciplines.

### **NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SERVED AND SOLD DURING THE SCHOOL DAY**

1. Foods and beverages served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
2. Nutrition Services will provide students with access to a variety of 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; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat.
3. To the maximum extent practicable, our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program and Summer Food Service Program.)
4. Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services.
5. The school district will provide students access to hand washing or hand sanitizing before they eat meals.
6. The school district will discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
7. Our school will not use foods or beverages as rewards for academic performance or good behavior: unless it meets the standards set by the Wellness Committee Procedures, or unless this practice is allowed by a student's individual education plan or behavior intervention plan and will not withhold food or beverage as punishment. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.
8. District will, to the extent possible; utilize methods to encourage school breakfast participation.
9. School Meals served through the National School Lunch and Breakfast Programs will:
  - a. Offer a variety of fruits and vegetables.
  - b. Serve only low-fat (2%) milk, except when whole milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by students and/or parent/guardian.
  - c. Ensure that half of the served grains are whole grain.
10. During the school day:
  - a. Beverages sold through student accessible vending machines will include water and 100% fruit juice.
  - b. Foods sold individually through student accessible vending machines will include items that will meet the nutrition and portion size standards outlined in the Wellness Committee Procedures.

### **NUTRITION EDUCATION AND PROMOTION**

The school district aims to teach, encourage and support healthy eating by students. Our school will provide nutrition education and engage in nutrition promotion that:

1. Is offered as a comprehensive (9-12<sup>th</sup> Grade) part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education instruction, but also instruction in subjects such as math, science, language arts, social science and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities such as contest, promotions and nutrition center made taste testing.
4. Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health-enhancing nutrition practices.
5. Emphasizes caloric balance between food intake and physical activity/exercise.
6. Links with school meal programs and other nutrition-related community services.

### **STAFF WELLNESS**

School staff serves as role models for students and are the key to successful implementation of student wellness programs. Therefore, the district should offer staff wellness programs. This may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

### **IMPLEMENTATION AND MONITORING**

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The Wellness Committee will set forth the nutrition guidelines and procedures for selection of all foods made available on campus.
3. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report, upon request, of the school district's compliance with the policy to the school board.
4. Our school should incorporate the wellness policy implementation plans within the school continuous improvement plans.

### **COMMUNICATIONS WITH FAMILIES**

1. The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The district encourages parents to pack healthy lunches and refrain from including beverages and foods without nutritional value.
4. The district will provide information about ways to promote healthy lifestyles.

### **EXEMPTIONS**

Exemptions from this policy may be granted by the School Board upon Recommendations of the Superintendent based upon the best interest of the School.