

**BALDWIN-WOODVILLE AREA SCHOOL DISTRICT**  
**Board Policy Manual**

**458**

**SCHOOL WELLNESS**

The Baldwin-Woodville Area School District is committed to providing a school environment that protects and promotes student's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the District that there will be:

**A Commitment to Nutrition Education:**

1. The primary goal of nutrition education is to influence student's eating behaviors in a positive, developmentally appropriate way.
2. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

**A Commitment to Physical Activity:**

1. The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain lifelong physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.

**Physical Education**

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks 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.

**Physical Activity**

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- c. All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs.

#### **A Commitment to Establishing Nutrition Standards:**

1. The primary goal for establishing nutrition standards for all foods available on the school campus during the school day is to reduce student access to foods of minimal nutritional value.
2. Quality meals that meet the nutrition guidelines set forth by the U.S. Dietary Guidelines for Americans and the Health Hunger Free Kids Act of 2010.
  - a. Encourage in-house fundraisers to use the Competitive Foods and Foods of Minimal Nutritional Value manual as a guide for food sold on campus during instructional hours. (Any questions or for a copy of this guide, contact the food service director)
  - b. It is recommended that foods and beverages sold in vending machines should at a minimum contain some healthy choices. The healthy choices should be priced competitively.
  - c. Encourage parents to provide healthy bag lunches and healthy classroom snacks for parties and celebrations during the school day. It is recommended by the sanitarian that these items be prepackaged. Food service will supply a list of items that could be ordered through the school.

#### **A Commitment to Other School-Based Activities:**

1. 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, where appropriate.
2. An organized wellness program shall be available to all staff.
3. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
6. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

#### **A Commitment to Implementation and Evaluation:**

1. A Wellness Committee shall be established to participate in the development, implementation, periodic review and update of the school wellness policy.
2. The District will regularly evaluate the effectiveness of this policy and its implement. The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy.

LEGAL REF.:

CROSS REF.:

APPROVED: July 17, 2017