

1 **Board Policies**

Blair-Taylor School District

2
3 **Series: 400**
4 **Section: 450**
5 **Policy 455**

STUDENTS
STUDENT HEALTH AND WELFARE
WELLNESS

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9 The Blair-Taylor School District promotes healthy schools by supporting wellness, good nutrition
10 and regular physical activity as a part of the total learning environment. The District supports a
11 healthy environment where children learn and participate in positive dietary and lifestyle
12 practices. By facilitating learning through the support and promotion of good nutrition and
13 physical activity, schools contribute to the basic health status of children. Improved health
14 optimizes student performance potential and ensures that no child is left behind

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- 16 A. Support and promote proper dietary habits contributing to students' health status and
17 academic performance. All foods available on school grounds and at school-sponsored
18 activities during the instructional day will meet or exceed the Federal Nutrition Guidelines.
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 - 20 B. Provide staff and students with a comprehensive learning environment for developing
21 and practicing lifelong wellness and nutrition behaviors.
 - 22
 - 23 C. Promote physical education to teach children the importance of physical exercise and
24 expose students to a wide range of physical activities so that students develop the
25 knowledge and skills to be physically active for life
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 - 27 D. The health and school counselor curricula will educate students to develop the
28 knowledge, attitudes, skills and behaviors for life long healthy eating habits and physical
29 activity.
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 - 31 E. The district provides additional opportunities for physical development and fitness, along
32 with dedicated community members, through co-curricular and intramural sports and
33 activities.
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35 The school district will provide reimbursable school meals that meet or exceed minimum
36 requirements outlined in Federal laws and regulations applicable to child nutrition programs,
37 including minimum nutritional standards.

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39 The district will maintain a Wellness Advisory Committee (WAC) with the purpose of monitoring
40 the implementation of the district's wellness policies, evaluating the progress of related goals,
41 serve as a resource to school sites, plan special events and incentives, and recommend policy
42 revisions as necessary. The committee will meet annually, or as needed, and will be comprised
43 of, but not limited to, the school health aide, supervisor of food service, health and physical
44 education teacher, building principal, school counselors, and one parent representing each
45 building who has school aged children.

57 **School Nutrition Guidelines**
58 (Procedural Guidelines for District Wellness Policy)
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- 60 1. The district sponsored breakfast and lunch program will follow the U. S.
61 Government's Nutrition Standards.
62 2. A variety of healthy food choices will be available in the ala carte line.
63 3. All snack vending machines are off before and during the instructional school
64 day.
65 4. The district will encourage parents to provide healthy snacks for children during
66 the school day and at after school events.
67 5. The district encourages all fundraising events (including concessions) to focus on
68 sales of non-food items or healthy food options.
69 6. Teachers will be encouraged to promote the use of non-food items in incentive
70 programs.
71 7. The consumption of water will be encouraged throughout the day. Staff
72 members will be encouraged to allow students to use water bottles in the
73 classroom and model this positive behavior.
74 8. Each building will develop a student advisory council for the purpose of
75 discussions, input and recommendations for the school lunch program. The
76 minutes of which shall be reported to the board.
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79 **Implementation Plan**
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81 After School Board approval this policy will be shared with building staffs through regular staff
82 meetings and be implemented in the 2006-2007 school year.
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- 84 A. Support and promote proper dietary habits contributing to students' health status and
85 academic performance.
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87 1. Insure that at least one item concerning nutrition and/or healthy eating habits is
88 included in every issue of the school district newsletter.
89 (To be supplied by the school health aide or other member of WAC)
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91 2. The district will provide the necessary supplies to support the staff in
92 implementing this policy.
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94 B. Provide staff and students with a comprehensive learning environment for developing
95 and practicing lifelong wellness and nutrition behaviors.
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97 1. Display motivational and informational posters in the lunch room and throughout
98 the school. (WAC)
99 2. Staff members are encouraged to model healthy nutrition and wellness choices
100 to the student body.
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102 C. Promote physical education to teach children the importance of physical exercise and
103 expose students to a wide range of physical activities so that students develop the
104 knowledge and skills to be physically active for life.
105 1. High school students are required to meet the state standard of 1.5 physical
106 education credits.
107 2. Evaluate and make the necessary modifications to the recreation program at the
108 elementary school to provide more options for organized physical activity for
109 students.
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111 D. The health and counselor curricula will educate students to develop the knowledge,
112 attitudes, skills and behaviors for life long healthy eating habits and physical activity.

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1. Evaluate the Health and Guidance curricula to determine if the state standards are being met in both areas.
2. Make the necessary adjustments to insure that nutrition/wellness information is properly imbedded in the Health/Counseling Curricula. (WAC, Health Instructor and School Counselors)
3. Encourage teachers to develop lessons which will provide students an opportunity to make and sample healthy foods.

The district, along with dedicated community members, provides additional opportunities for physical development and fitness, through co-curricular and intramural sports and activities.

1. Students in grades 4-6 have the opportunity to participate in an adult run basketball league run by parents.
2. Students in grades 5 and 6 have the opportunity to participate in an adult run padded football program.
3. Students in grades K-6 have the opportunity to participate in an adult run wrestling program.

LEGAL REFERENCE:

First Reading: July 2006

Adopted: August 2006
Reviewed: 10-18-09
Amended: 01-18-10

Clerk: _____