

## WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Deer Park Community City School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
  1. 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.
  2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
  3. Nutrition education posters, such as the Mu Plate, will be displayed in the cafeteria.
  4. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

- B. With regard to physical activity, the District shall:
1. Physical Education
    - a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
    - b. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
    - c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
    - d. Planned instruction in physical education shall take into account gender and cultural differences.
  2. Physical Activity

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- C. With regard to other school-based activities the District shall provide attractive, clean environments in which the students eat.
- D. With regard to nutrition promotion, the District shall:
1. encourage students to increase their consumption of healthful foods during the school day;
  2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
    - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;

# policy

**BOARD OF EDUCATION  
DEER PARK CITY SCHOOL DISTRICT**

**OPERATIONS  
8510/page 3 of 5**

- b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
  - c. whole grain products – half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
  - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
  - e. meals designed to meet specific calorie ranges for age/grade groups;
  - f. eliminate trans-fat from school meals;
  - g. require students to select a fruit or vegetable as part of a complete reimbursable meal;
- E. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

The District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

# policy

**BOARD OF EDUCATION  
DEER PARK CITY SCHOOL DISTRICT**

**OPERATIONS  
8510/page 4 of 5**

- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

The Board designates the Superintendent, designee and/or the Food Service Supervisor as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, if necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

# policy

**BOARD OF EDUCATION  
DEER PARK CITY SCHOOL DISTRICT**

**OPERATIONS  
8510/page 5 of 5**

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook; and post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 3/15/06  
Revised 11/2/11  
Revised 4/16/14  
Revised 2/18/15

© NEOLA 2013