



Book	BOARD POLICIES
Section	9000 STUDENTS
Title	WELLNESS: Student Wellness
Code	
Status	Active
Adopted	May 18, 2017

STATEMENT OF POLICY

SUBJECT: Student Wellness

I. Board Directive

Cache County School District is committed to provide a school environment which supports the ability to learn along with the wellness of our students and staff. This will be accomplished with ongoing attention given to the following areas:

- Nutrition Education
- Nutrition Guidelines
- Physical Education and Activity
- Community Involvement
- Assessment

II. Administration Policy

The Wellness policy shall be administered according to the following administrative policy provisions:

A. Nutrition Education

1. Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education will emphasize topics including: healthy food preparation; balance between food intake and energy expenditure; and health literacy.
3. Staff who will provide nutrition education shall receive appropriate training.
4. Each school and cafeteria will feature educational signage that promotes a healthy lifestyle. Schools will link nutrition education activities with the school food environment.
5. Implementation of the State of Utah Health Education Core Curriculum will take place in each school.
6. Nutrition will be integrated into the physical education, health education curriculum or core curricula (e.g. math, science, language arts).

B. Standard for Child Nutrition Programs

1. School Meals
 - a. The district menu planner will work to make meals appealing, nutritious and cost-effective.
 - b. Nutrition information for school meals will be made available to students on the CCSD website.
2. Federal school meal programs shall meet the required nutritional standards. ([Nutritional Standards Website](#))
3. The standards provide well-rounded nutritious meals to students. The Child Nutrition Department uses strategies to increase participation in school meal programs.

4. Schools should consider implementing lunchroom procedures that allow adequate time for meal consumption.
 5. Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
 6. Free drinking water will be available during meals
 7. In order to preserve meal time for all students, schools should not schedule tutoring, pep-rallies, assemblies, clubs/organization meetings, and other activities during meal time.
 8. Adults will supervise dining rooms and encourage appropriate behavior.
- C. Standards for Competitive and other foods
1. Smart Snacks
 - a. Schools will be responsible to abide by the Federal Regulations on All Food Sold in Schools Smart Snacks
 - b. School administration is encouraged to ensure compliance with Smart Snack regulations in vending machines.
 - c. Student vending machines may be made available in 9th-12th grade schools.
 - d. The State allows up to three food-related fundraisers per year that do not meet Smart Snack regulations. However, the sale or use of nutritional foods is encouraged.
 - e. Elementary schools may not sell a la carte items except milk/juice to students. Secondary schools may not sell competitive foods as a la carte items if they do not meet the minimum Smart Snacks in School standard.
 2. Non-food items are encouraged to be used as a reward for students. ([Examples](#))
 3. The District's Child Nutrition Department will be available to answer questions and address concerns on these regulations.
- D. Physical Education and Activity
1. The Utah State Board of Education Physical Education Core Curriculum will be implemented in each school.
 - a. All physical education staff are responsible for implementation.
 - b. The district will provide ongoing professional development for physical education staff and teachers.
 - c. All staff will provide daily physical activity (including recess) and/or physical education instruction for each student, with a minimum goal of 150 minutes weekly.
 2. The district recognizes the Center for Disease Control's (CDC) recommendations for 60 minutes of physical activity per day for school age children.
 - a. Schools are encouraged to plan a Comprehensive School Physical Activity Program (CSPAP) to achieve this recommendation.
 3. The District will establish and promote safe routes for walking and biking to and from each elementary school.
 4. Secondary Schools:
 - a. Will promote instruction, activities, and intramural sports that emphasize activities, knowledge, and skills for lifelong physical fitness as well as athletic instruction.
 5. Elementary Schools:
 - a. Will not withhold recess or other physical activity as a punishment for students.
 - b. Will not exclude students from physical activity except for reasons concerning student safety.
 - c. May provide structured (or organized) activity options during recess by teachers, para-professionals and supervisors.
 - d. Are encouraged to refer to the CDC and SHAPE America's [Strategies For Recess In Schools](#) when planning and implementing recess.
- E. Wellness Promotion and Marketing
1. Parents, teachers, school administrators, students, child nutrition professionals, and community members are encouraged to serve as role models by practicing healthy eating and being physically active.
 2. Teachers and parents are encouraged to provide healthy food options or non-food items to students for birthdays, celebrations, incentives or parties.
 3. Water bottles will be permitted in classrooms under teacher supervision.
 4. Information will be provided to families which will help them incorporate and promote physical activity in students' lives.
 5. Nutrition education activities and promotions (National School Lunch/Breakfast Week) will be conducted.
 6. Student involvement in community recreation, organized teams, and physical athletic activities will be promoted and supported.
- F. Implementation, Evaluation, & Communication
1. The district will appoint a wellness committee to oversee, implement, monitor, assess and review the district wellness policy.
 - a. The district will appoint a chair to oversee the district wellness committee and ensure community involvement.

- b. Each school will provide a school wellness representative who will be responsible to assess and report school compliance.
- c. Assessments will be reviewed by the district wellness committee.
- d. The wellness policy will be reviewed and updated every three years, based on best practices.
- e. This assessment and any revisions will be reported to the school board and to the public; documentation of notification will be kept.