

INSTRUCTION

2301

Wellness

The Child Nutrition and WIC Reauthorization Act of 2004 require every school district in the nation must develop and implement a local school wellness policy by the beginning of the school year 2006-2007.

Specifically, the law requires that wellness policies include at a minimum:

- Goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate.
- Include nutrition guidelines for all foods available on the school campus during the school day.
- Assure that the guidelines for school meals are not less restrictive than Federal standards.
- Establish a plan for measuring implementation of the local wellness policies.

In compliance with the Child Nutrition and WIC Reauthorization Act of 2004 and because the Cascade School District is committed to providing school environments that promote children's health, well-being and ability to learn by supporting healthy eating and physical activity, it is the policy of the Cascade School District that:

- Meals served by the school staff during the regular school day, including breakfast, will meet the Federal guidelines for school nutrition and will not be less restrictive than those guidelines.
- Staff will attempt to include opportunities for nutrition education in their regular lesson plans. Staff should consider non-food rewards.
- Elementary students will receive opportunities for physical activity daily and elementary students will receive some type of structured physical activity three times a week.
- Beverage vending machines will have healthy drink alternatives available.
- Snack vending machines will be stocked with a variety of healthier alternatives to candy and chips.
- High School students will be given as much opportunity for a variety of Physical Education and Health class offerings as current funding allows. In addition, the gym will remain open as much as possible to allow for independent physical fitness opportunities.

- This policy will be monitored by the school principal periodically to see that these goals are being achieved. The school principal may appoint a committee to monitor the program and/or make adjustments to the policy when possible.

Cross Reference: 8200 Healthy Lifestyles

Legal Reference: I.C. § 33-512 Governance of Schools

Policy History:

Adopted on: 7/15/09

Revised on: