

School Wellness Policy (SSDA 41)

[NOTE – a school wellness policy is required if a district is participating in any program under the Nutrition Act of 1966. The actual policy must be developed with stakeholder input. This template identifies the minimum contents of a district’s school wellness policy, commits a district to including various employees, parents, and students in developing the policy, and identifies technical assistance from the CDC that a district may use in creating its own school wellness policy with the local community.]

Intent of Policy

This policy is intended to ensure the District is acting in accordance with the Child Nutrition Act of 1966.

(42 U.S.C. § 1758(b) *et seq.*)

Establishment of a Wellness Policy

The District shall establish a school wellness policy.

Contents of the Wellness Policy

The District’s wellness policy shall include the following:

1. Goals for the following:
 - a. Nutrition promotion and education;
 - b. Physical education;
 - c. Physical activity; and
 - d. Other school-based activities that promote student wellness.
2. For all foods available on each school campus within the District, nutrition guidelines that are consistent with sections 1758 and 1766 of this title, and sections 4 and 10 of the Child Nutrition Act of 1966;
3. Promote student health and reduce childhood obesity; and

4. Allow the participation of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public to participate in the development, implementation, and periodic review and update of the local school wellness policy. The District may model its efforts to engage the public and promote public participation on the District's procedures for creating school safety plans.

Implementation of Wellness Policy

The District shall:

1. Inform and update the public, parents, students and other community members about the wellness policy and the District's plan to implement the wellness policy.
2. Periodically measure and assess the implementation of the wellness policy and make the findings available to the public. This includes the extent to which schools in the District are following the policy and a description of the progress made in implementing and achieving the policy.
3. Designate one (1) or more District and/or school officials to ensure schools' compliance with the policy.

Technical Assistance for Implementation of Policy

Information and technical assistance for the establishment of healthy school environments to promote health and wellness is provided by the Centers for Disease Control and Prevention. The District may use these resources in developing and implementing its wellness policy.

(42 U.S.C. 1758 (b) et seq.)