

SCHOOL DISTRICT OF JOHNSON CREEK BOARD OF EDUCATION POLICY	POLICY: 450.1
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Wellness Policy

The Johnson Creek School District recognizes that schools play a critical role in creating a healthy environment for addressing the increasing problems associated with poor nutrition and physical inactivity. The Johnson Creek School District Wellness Policy is a long-range initiative to improve the health and fitness of the students and school community. The District will support and promote lifelong wellness through healthy nutrition and increased physical activities as part of the learning environment. Improved wellness optimizes student performance and readiness to learn. Wellness is essential for students to achieve their full academic potential and for members of the school community to develop lifelong wellness behaviors to reach their optimum life potential.

It is the policy of the Johnson Creek School District that:

A. District Wellness Advisory Committee

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to act as a Wellness Advisory Committee to assist in implementing, monitoring and reviewing district-wide nutrition and physical activity policies.

B. Nutrition Standards of Foods and Beverages

1. Foods and beverages sold or served at school through the school food service program will meet or exceed the nutrition recommendations of the National School Nutrition Program. Nutritional guidelines will be made available for all foods provided by the District with the objective of promoting healthy choices and lifestyle behaviors and decreasing obesity. The District policy and goals should be considered when planning school-based activities such as school events, field trips, celebrations, parent group/Booster Club functions, dances and fund raising activities including ala carte items, school store, vending machines and other school-sponsored fund-raisers.
2. Decisions made in school programming will reflect and encourage consistent positive nutrition messages and healthy food choices. Qualified food service staff with the assistance of a nutrition professional will plan and provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat. Reimbursable school meals will meet all applicable state and federal regulations including standards.
3. Parents are strongly encouraged to provide healthy snacks and treats for student celebrations and other events. A list of suggested items will be available.

4. Strong consideration should be given to non-food items (i.e. stamps, gym time, extra recess, etc.) as part of any teacher-to-student incentive programs. Any food items used as an incentive should adhere to district nutrition standards.

C. Nutrition and Physical Education/Activity Promotion

1. The District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services. The District will implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum. Healthy nutrition and physical activity will be integrated across curricula and encouraged as a lifelong behavior for the school community.
2. All students, staff and members of the school community are encouraged to model healthy eating and regular physical activity as a valuable part of daily life.

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