

3.07 SCHOOL WELLNESS

In accordance with Federal Public Law 108.265, Section 204 and based on guidelines from the Child Nutrition Association (CNA), the SCBDD is committed to providing an educational environment that enhances the learning, development and practice of lifelong wellness practices. In an effort to assure that the students enrolled in the School of Opportunity have access to healthy foods and have opportunities to be physically active in order to grow, learn and thrive, the SCBDD will explore and implement procedures to support student wellness.

A. WELLNESS COMMITTEE

The SCBDD will maintain a multidisciplinary Wellness Committee made up of students, parents, teachers, food service staff, health professionals, and school administrators, whose purpose is to develop, implement, advise, monitor and review the goals and objectives of the Wellness Program.

B. PARTICIPATION IN THE FEDERAL SCHOOL MEAL PROGRAM

The SCBDD will assure that to the maximum extent practicable, all students will participate in available federal school meal programs.

C. NUTRITIONAL STANDARDS

Food and beverages sold and/or served at SCBDD will focus on guidelines for maximizing nutritional value by decreasing fat and added sugars and increasing nutritional density and recommended portion size. SCOC follows all federal guidelines for nutritional school meals.

D. PHYSICAL ACTIVITY OPPORTUNITIES

All individuals will have opportunities, support, and encouragement to be physically active on a regular basis. The Adaptive Physical Education teacher has instituted a Walking Challenge to all students that takes place throughout the school year with nutritional awards at end of school year. Other programs include Junior Olympics, bowling and intramurals.

E. NUTRITION AND WELLNESS EDUCATION

The SCBDD will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity, and will establish a linkage between health education and school meal programs and with related community services.

F. YEARLY GOALS

To increase student activity during the school day by: intramural classes, Walking Challenge and increased number of APE classes throughout the week.

F. WELLNESS PROGRAM COORDINATOR

The director of children services will implement and monitor compliance with the board physical, nutritional, and wellness policies, goals, and objectives.

BOARD APPROVED

Effective Date: 07/11/06

Revised: 11/13/08, 12/11/12, 7/15/14

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