



# Waterford School District

## Wellness Policy

Bylaws & Policies

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### 8510 - WELLNESS

As required by law, the Board of Education established the following wellness policy for the District. The Board recognizes that good nutrition and regular physical activities affect the health and well being of the District's students.

To promote optimal health and wellness, the District supports high standards in nutrition education, physical fitness, and healthy food choices for students and the school community with strong emphasis on a life time commitment.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

#### A. Nutrition Education

1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. The District shall communicate appropriate nutritional information to parents and students.

#### B. Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State and the District. The sequential comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
2. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
3. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

C. Other School-Based Activities

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
3. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. All foods available to students shall be served with consideration for promoting student health and wellbeing.
- E. The food service program shall be administered by a qualified nutrition professional.
- F. Continuing professional development shall be provided for all staff of the food service program.
- G. The District shall encourage students to make healthy food choices.

The Superintendent shall develop administrative guidelines necessary to implement this policy. The Board designates the Superintendent as the individual charged with the operational responsibility for verifying that the District meets the goals established in the policy.

Adopted 6/1/06