

## **Lewis Center for Educational Research**

**BP 5030:      STUDENTS  
                  STUDENT WELLNESS**

**Adopted:      December 10, 2007**

**Revised:**

The Foundation Board recognizes the link between student health and learning and desires to provide a program promoting healthy eating and physical activity for the students.

The Foundation Board shall develop a wellness policy with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, members of the public and or others interested in school health issues. This school wellness committee shall assist with policy development and advise the LCER on health-related issues, activities, policies and programs.

The Foundation Board shall adopt a wellness policy that, at a minimum, shall:

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the LCER determines is appropriate.
2. Include nutrition guidelines selected by the LCER for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that the LCER's guidelines for reimbursable school meals will not be less restrictive than federal regulations as they apply to schools.
4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented.

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus

groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall provide periodic reports to the CEO/President or designee regarding the status of its' work.

The council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school lunch program.
2. Nutritional standards for the school lunch programs that meet or exceed state and federal standards.
3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities.
4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior.
5. Foods and beverages donated for class parties or other school events.
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs.
7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change.
8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs.
9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity promoting student health and reducing childhood obesity.
10. Priorities for implementing the recommended strategies in the wellness policy.
11. Processes for evaluating the Board's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports.

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.