

## USD # 289 WELLNESS POLICY STATEMENT

It is the goal of the Kansas State Department of Education and Wellsville USD #289's Wellness Policies to provide school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. To this end, the board shall promote and monitor a local wellness program. The program shall:

\*Encourage parents/guardians, staff and community members to consider healthier food and beverages for classroom parties, birthday celebrations, rewards and fundraisers.

\*Provide proper student nutrition at school, nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate.

**\*Encourage physical activity for all students through participation in physical education, elementary recess and extra curricular activities.**

\*Ensure that foods and beverages sold at breakfast and lunch meet the nutrition guidelines for the School Breakfast Program and National School Lunch Program while providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

\*Assure that guidelines for reimbursable school meals shall not be less restrictive than Federal and state statutes, regulations, and guidance issued by the Secretary of Agriculture, as they apply to schools.

\*Involve parents, students, representatives of the school food authority, district physical education teachers, school health professionals, the school board, administrators, and the public in the development, implementation, and periodic review of the school wellness policy.

\*Establish a plan for measuring implementation of the local wellness policy, including the Food Service Director who shall be charged with operational

responsibility for ensuring the wellness policy is effectively enforced, is periodically measured, and that assessments of the implementation of the local school wellness policy be made available to the public. Such assessments shall measure the extent to which schools in the district are in compliance with this policy, shall compare the district's wellness policy with other model local school wellness policies, and shall describe the progress made in attaining the goals of this policy.

Approved: May 6, 2015 w/addendum in **Bold** by Wellness Committee 2015-16