

SCHOOL WELLNESS

This policy outlines the Evangeline Parish School Board's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy shall apply to all students, staff and schools in the Evangeline Parish School District. Specific measureable goals and outcomes are identified in the implementation plan of the School Board.

SCHOOL HEALTH ADVISORY COUNCIL

Committee Role and Membership

The School Board shall convene a representative School Health Advisory Council (SHAC) that meets at least four (4) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as the *School Wellness* policy).

The SHAC membership shall represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and

caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., Superintendent, principal, vice principal), School Board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

Leadership

The Superintendent or designee(s) shall convene the SHAC and facilitate development of and updates to the wellness policy, and shall ensure each school's compliance with the policy. The designated official for oversight is the Child Nutrition Program Director.

Each school will designate a *School Wellness* policy coordinator, who will ensure compliance with the policy.

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

Implementation Plan

The School Board shall develop and maintain a plan for implementation to manage and coordinate the execution of the *School Wellness* policy. The plan shall delineate roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the schools use *Action for Healthy Kids School Health Index* to complete a school-level assessment, create an action plan that fosters implementation and generate an annual progress report. An assessment can be completed by visiting and logging on to Alliance for A Healthier Generation. Each principal will assign one employee that is responsible for completing the *School Health Index* and will act as the liaison for the school and school health advisory committee.

The SHAC may also use other data collection and assessment tools that include, but not limited to:

- School statistical reports
- Observations/interviews w/ school personnel
- Surveys for targeted groups/populations

The *School Wellness* policy and the progress reports can be found at: www.epsb.com.

Recordkeeping

The School Board shall retain records to document compliance with the requirements of the wellness policy at the Child Nutrition Office and/or on www.epsb.com.

Documentation maintained in this location shall include but not be limited to:

- The written *School Wellness* policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *School Wellness* policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SHAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the *School Wellness* policy;
- Documentation demonstrating the most recent assessment on the implementation of the *School Wellness* policy has been made available to the public.

Annual Notification of Policy

The School Board shall actively inform families and the public each year of basic information about the *School Wellness* policy, including its content, any updates to the policy and implementation status. The School Board will make this information available via the district website and/or district-wide communications. The School Board shall provide as much information as possible about the school nutrition environment. This shall include a summary of the School Board's (or schools') events or activities related to *School Wellness* policy implementation. Annually, the School Board shall also publicize the name and contact information of the School Board official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three (3) years, the School Board shall evaluate compliance with the *School Wellness* policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the School District are in compliance with the *School Wellness* policy; and,

- A description of the progress made in attaining the goals of the School Board's *School Wellness* policy.

The position/person responsible for managing the triennial assessment and contact information is the Child Nutrition Program Director. The SHAC, in collaboration with individual schools, shall monitor schools' compliance with the *School Wellness* policy.

The School Board shall actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the *School Wellness* Policy

The SHAC make recommendations for updating or modifying the *School Wellness* policy based on the results of the annual progress reports and *School Health Index* and triennial assessments and/or as School Board priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The *School Wellness* policy shall be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

Community Involvement, Outreach and Communications

The School Board is committed to being responsive to community input, which begins with awareness of the *School Wellness* policy. The School Board shall actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the *School Wellness* policy through a variety of means appropriate for the School District. The School Board will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs, and a description of and compliance with *Smart Snacks in School* nutrition standards. The School Board will use electronic mechanisms, such as email or displaying notices on the School Board's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the *School Wellness* policy, as well as how to get involved and support the policy. The School Board shall ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School Board and individual schools are communicating important school information with parents.

The School Board shall actively notify the public about the content of or any updates to the *School Wellness* policy annually, at a minimum. The School Board shall also use these mechanisms to inform the community about the availability of the annual and triennial reports.

NUTRITION

School Meals

The School Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the School District participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Select schools participate in the Fresh Fruit and Vegetable Program (FFVP), Summer Food Service Program (SFSP), and Snack programs. The School Board also operates additional nutrition-related programs and activities including Grab-n-Go Breakfasts and second chance breakfast. All schools within the School District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School Board offers reimbursable school meals that meet USDA nutrition standards.)

Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- Daily vegetable options are bundled into all grab-and-go meals available to students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students (e.g., grab-n-go, etc.).

- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- Attractive, healthy food posters are displayed in dining and service areas.
- Menus will be posted on the School District website or individual school websites, and may include nutrient content and ingredients.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The School Board child nutrition program shall accommodate students with special dietary needs.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's *Professional Standards for School Nutrition Standards* website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus (*school campus* and *school day* are defined in the glossary). The School Board shall make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The School Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., *competitive* foods and beverages) will meet *the Louisiana Smart Snacks Guidelines in School* nutrition standards, at a minimum. *Smart Snacks* aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation

of Smart Snacks available at www.foodplanner.healthiergeneration.org.

[NOTE: Louisiana has passed more stringent nutrition standards for competitive foods and beverages in addition to the USDA Smart Snacks in School nutrition standards. In Louisiana, districts and schools must also comply with the state standards.]

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the Louisiana and USDA *Smart Snacks* nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores, canteens, and snack or food carts. According to LA standards, fresh pastries may not be sold, outside of the school meal programs, during the defined day, unless they meet the USDA standards.

Celebrations and Rewards

1. Celebrations and parties. The School Board will strongly encourage healthy party ideas to parents and teachers by providing a list of options, including non-food celebration ideas. Other healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. The School Board will strongly encourage parents to utilize a list of foods and beverages that meet Smart Snacks nutrition standards as a source for classroom snacks
3. Rewards and incentives. The School Board will provide teachers and other relevant school staff a list of alternative ways to reward children and encourage those options. Candy used as a reward will be discouraged. *Smart Snacks* approved items and non-food rewards will be strongly encouraged.

Fundraising

The State of Louisiana does not allow provisions for foods and beverages to be sold through fundraisers on the school campus during the school day. The School Board will make available to parents and teachers a list of healthy fundraising ideas. The Healthy Hunger Free Kids Act provides flexibility for special exemptions for the purpose of conducting infrequent school-sponsored fundraisers during which foods that do not meet the nutrition standards for Smart Snacks may be sold. The Louisiana State Agency has elected to establish a policy that no school campus fundraiser exemption may be granted.

- Schools will encourage those fundraisers promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

- Per Louisiana standard: Fundraisers intended for sale off-campus are exempt.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion shall also include marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The School Board shall promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by:

- Implementing at least ten (10) or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the School Board and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org>.

Nutrition Education

The School Board shall teach, model, encourage and support healthy eating by all students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing.
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors as addressed in the Louisiana Department of Education Comprehensive Curriculum.

Essential Healthy Eating Topics in Health Education

The School Board shall include in the health education curriculum a minimum of five (5) of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [My Plate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The School Board is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School Board shall strive to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on School Board property that contains messages inconsistent with the health information the School Board is imparting through nutrition education and health promotion efforts. It is the intent of the School Board to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the School Board's *School Wellness* policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the Louisiana and USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following (according to USDA Final Rule, July 2016):

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the School Board .
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the School Board/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the *School Wellness* policy.

PHYSICAL ACTIVITY

Children and adolescents should participate in at least thirty (30) minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools shall ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *standards based activity programs such as Fuel Up 60, Let's Move, etc.*) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) being withheld as punishment for any reason will be strongly discouraged. The School Board shall provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the School Board shall strive to ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School Board shall conduct necessary inspections and repairs.

- The School Board shall work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, shall work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

Physical Education

The School Board shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students shall be provided equal opportunity to participate in physical education

classes. The School Board shall make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The Louisiana Department of Education *Bulletin 741, Louisiana Handbook for School Administrators*, sets the hours required in health and physical education.

- For grades 1-6, 150 minutes of instruction per week are required in health, music, arts and crafts.
- For grades 7 and 8, 250 minutes of instruction per week in health, music, arts and crafts.
- For grades 9-12, to graduate high school, public school students must earn 1 ½ units in physical education.
- For grades 9-12, to graduate high school, public school students must earn ½ unit in health education. Minimum 3,863 minimum health instruction.
- Maximum class size for Health and Physical Education K-8 and in Physical Education I and II shall be 40.
- For Health Education at the High School level, maximum number is 33.

Physical education will be standards based using state-developed standards. Students will be able to demonstrate competency through application of skills.

- The school will conduct annual Fitness Gram assessments and send confidential reports directly to parents, along w/ additional resources.
- This includes instruction in the fundamental motor skills, dance and rhythms, sport skills, recreational activities, individual and team sports, and health related fitness.
- In addition, novel and innovative games and activities are appropriate and provide other ways for learners to be successful in physical activity.
- Learning can also be facilitated through the use of a variety of technology, materials and equipment. They should be developmentally appropriate, safe, varied and plentiful. Technology also allows students and teachers to keep records, graph progress, create simulation and compare performances to national standards.

The School Board's physical education program shall promote student physical fitness through individualized fitness and activity assessments (via the Fitness Gram or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).

- All physical education teachers in the district will be required to participate at least once a year in a professional development in education.
- All physical education classes in the district are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted except for band and resource as needed. Substitutions shall be made for medical excuses.
- Physical Education classes shall be appropriately modified or adapted to promote the participation of all students.

Essential Physical Activity Topics in Health Education

Health education shall be required in all grades (elementary and middle) and the School Board shall require middle and high school students to take and pass at least one health education course. The School Board shall include in the health education curriculum a minimum of twelve (12) of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools shall offer at least fifteen (15) minutes of recess on all days during the school year (requirement may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Pavilions shall be utilized where feasible.

Recess shall complement, not substitute, physical education class. Recess monitors or teachers shall encourage students to be active, and serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The School Board recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The School Board recommends teachers provide short (3-5 minutes) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The School Board shall provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The School Board shall support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual

professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers shall serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The School Board shall offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The School Board shall encourage students to be physically active before and after school through physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports.

Active Transport

The School Board shall support active transport to and from school, such as walking or biking. The School Board shall encourage this behavior by engaging in the activities below, including but not limited to:

- Use of crossing guards
- Use of crosswalks on streets leading to schools

Other Activities that Promote Student Wellness

The School Board shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School Board will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the School District shall be encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School Board's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments shall be coordinated with and complementary of the *School Wellness* policy, including but not limited to ensuring the involvement of the SHAC.

All school-sponsored events shall adhere to the *School Wellness* policy guidelines. All school-sponsored wellness events shall include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The School Board shall develop relationships with community partners (e.g., LSU cooperative extension services, 4-H, Blue Cross/Blue Shield, hospitals, universities/colleges, local businesses, etc.) in support of the *School Wellness* policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The School Board shall promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. As described in the *Community Involvement, Outreach, and Communications* subsection, the School Board shall use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The SHAC shall support a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources (Blue Cross/Blue Shield health screenings, health club discounts) and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the School District shall support strategies to aid staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include walking clubs, group exercise classes, and newsletters. The School Board shall promote staff member participation in health promotion programs and shall support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the School Board shall offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning

can help School District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

GLOSSARY

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Revised: September 6, 2017

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (*National School Lunch Program*); 7 CFR 220 (*School Breakfast Program*); La. Rev. Stat. Ann. §17:17.1, 17:197.1; Board minutes, 8-16-06, 7-21-10, 9-6-17.