

SCHOOL WELLNESS

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that support student achievement and that promote the development of lifelong wellness practices, the Board endorses the following programs, practices, and activities:

Nutrition Education and Promotion

Nutrition Education that teaches the knowledge, skills, and values needed to develop healthy eating behaviors and nutrition practices. Student health will be integrated into the curriculum and offered throughout school campuses, including school dining area and classrooms, supported by CNP Staff and teaches at each Campus. Meal pattern guidelines will be followed and students will have the opportunity to choice from a large variety of fresh fruits and vegetables.

Nutrition Standards and Guidelines

The Board will ensure that reimbursable meals meet the program requirements and nutritional standards established by state and federal regulations. The Board will encourage students to make nutritious food choices and will monitor all food and beverages sold or served to students, including those available outside federally regulated child nutrition programs. The Board will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Physical Education and Physical Activity Opportunities

The Board will offer physical education opportunities that include the components of a sound physical education program. Physical education will equip students with the knowledge, skills, and values necessary to maintain healthful lifelong physical activity. Physical education instruction will be aligned with the curriculum. All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impact the benefits of maintaining a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The Board may implement other programs that help create a school environment that conveys consistent wellness messages and that is conducive to healthy eating and physical activity.

Administrative Implementation

The Superintendent is authorized to develop and implement administrative rules and directives that are consistent with this policy and to oversee the implementation and periodic review and update of the wellness policy based on input from teachers (including specialists in health and physical education), school nurses, parents and guardians, students, representatives of the school food service program, school board members, school administrators, and the public. The Superintendent will report to the Board, as requested, on programs and efforts that are designed to meet the purpose and intent of this policy and will inform and update the public regarding the content and implementation of the wellness program. The Superintendent will ensure each local schools compliance with the wellness policy and will measure periodically and make available to the public an assessment of the implementation of the wellness policy, including the extent to which schools are in compliance with the policy, the extent to which the policy compares to model policy and to describe the progress made in attaining the goals of the policy.

SOURCE: Colbert County Board of Education, Tuscumbia, AL

ADOPTED: Jul 30, 2015

LEGAL REF.: P.L. 108.265, Part 210 and 220, and Section 204 Child Nutrition and WIC Reauthorization Act.