

Appendix 4

WELLNESS POLICY

With the passing of the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004 by Congress and the Healthy, Hunger-Free Kids Act of 2010, the School recognizes the role it can plan in building nutrition knowledge and skills in children to promote healthy eating and physical activity choices. Local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 must establish a local wellness policy. The objectives of this wellness policy are to improve the school nutrition environment, promote student health, and reduce childhood obesity.

The main goal of nutrition education is to influence a student's eating behaviors. Healthy eating patterns are essential for a student to achieve his/her full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the United States Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hunger-Free Kids Act of 2010, or any other applicable state or federal statute, rule, regulation or other guidance. Therefore, the School will provide:

- Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness to be determined by the School Administrator;
- Nutrition guidelines for all foods available during the school day;
- A plan for measuring implementation of the program which shall be the operational responsibility of the School Administrator;
- An opportunity for parents, students, School food service providers, the Governing Authority, School administration, and the public to participate in any development of a wellness program as deemed appropriate by the School Administrator; and
- Additional provisions concerning wellness policies as required by applicable statute, rule, regulation, or guidance, as same may be amended.