

Gladstone Area Schools Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Gladstone School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish *lifelong health habits*:

- A. With regard to nutrition education:
 1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff, families and community.
 3. Nutrition education shall reinforce lifelong balance by emphasizing the link between *healthy eating and physical activity* in ways that are age-appropriate.
 4. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to

teach the benchmarks and standards.

5. The District shall provide information to parents/*guardians that is designed to reinforce* the standards and benchmarks being taught in the classroom.
6. *Nutrition education posters will be displayed in the cafeteria and throughout the school.*

B. With regard to *Physical Education* and physical activity:

Physical Education (PE)

1. A sequential, comprehensive physical education program shall be provided for students in RK-12 in accordance with the standards and benchmarks established by the State. This physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
2. Moderate to vigorous physical activity shall be an essential element of any planned instruction in physical education.
3. *The RK-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive sports to encourage lifelong physical activity.*

Physical Activity

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
2. *All students in grades RK-8 shall be provided with a daily recess period.*
3. *Replacing PE class with other activities shall be avoided.*
4. *Withholding of PE as a punishment shall be avoided.*
5. *Using physical activity as a punishment shall be prohibited in the classroom or during the school day.*

- C. With regard to other school-based activities *designed to promote student wellness*:
1. The school shall continue to utilize electronic identification and payment systems which eliminate any stigma or identification of students eligible to receive free and/or reduced priced meals.
 2. The school shall provide healthy, clean environments in which the students eat.
 3. *Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.*
 4. *Students will have access to water at mealtime and throughout the day.*
 5. *The District shall discourage using food or beverages as a reward. A list of alternatives to using food as a reward will be available to all staff.*
 6. *The District shall encourage serving healthy foods and beverages in the classroom and during classroom parties. A list of recommended healthy snacks will be made available to parents/guardians annually.*

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (UDSA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

- D. Continuing professional development shall be provided for all staff of the food service program.
- E. *All foods available to students in the dining area during school food service hours shall comply with the National Nutrition Standards for School Meals established by the USDA.*
- F. *Healthy foods and beverages will be offered at school events (parent teacher conferences, open houses, meetings).*

*Approved at School Board Mtg
4/15/13*

Reviewed 7/17/18