R 2750 Wellness

Research shows that two components, good nutrition and physical activity before d' 'ng and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agricultu (USDA) School Breakfast Program is associated with higher grades and standardize test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This regulation outlines the District'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:

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

T policy applies to all District students, staff and schools. Specific measurable goals and outcomes are identified within each section below.

. School Wellness Committee

A district wide Wellness Committee (Committee) will be established and will meet at least (4) four times per year. Any existing School Health Advisory Council will serve as the nucleus for the Committee. The Committee will in members from all school levels as specified by law. Responsibility of the Committee may include, but not be limited to, oversight of the following:

1. Implementation of district nutrition and physical activity standards.
2. Integration of nutrition and physical activity in the overall curriculum.
3. Assurance that staff professional development includes nutrition and physical activity issues.
4. Assurance that students receive nutrition education and engage in vig physical activity.

The Committee will be responsible for, among other duties, preparing a rep at a minimum that includes the following information:

1. Monthly district menus and meal counts.
2. Listing of all a la carte, vending, and competitive foods sold by school service.
3. Listing of all other sales of foods throughout the district including vend machines, school stores, culinary, and special education programs, in-school and in-class fundraisers, etc.
4. Listing of physical activity programs and opportunities for students throughout the school year.
5. Outcomes of Committee activities.

Committee membership may include, but not be limited to, parents, caregiv students, members of the school retention program, physical education, teachers, health education teachers, school health professionals, counselors, social workers, psychiatrists, school administrators, board members health professionals and District citizens.

The District will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public to participate in the development, implementation, periodic review, and update of the wellness policy and regulation.

I. Leadership

The Superintendent and/or designee(s) will convene the Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Ry..e GrundmannSchool Nursergrundmann@bismarckr5.orgChair

Name	Title / Relationship to the School or District	Email address	Role on Committee

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

A. Implementation Plan

The District will develop and maintain a plan for implementation to manage a coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how muc where and when; as well as specific goals and objectives for nutrition standar for all foods and beverages available on the school campus, food and beverag marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Tl District will consider the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found on the District's Website.

B. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices. Documentation maintained in this location will include, but will not be limited to:

1. The written wellness policy;

2. Documentation demonstrating that the policy has been made available to the public;
3. Documentation of efforts to review and update the District's Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability participate on the Committee;
4. Documentation to demonstrate compliance with the annual public notification requirements;
5. The most recent assessment on the implementation of the District's wellness policy;
6. Documentation demonstrating the most recent assessment on the implementation of the District's Wellness Policy has been made availal to the public.

C. Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the polic and implementation status. The District will make this information available the district website and/or district-wide communications. The District will provide information about the school nutrition environment. This will includ summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and conta information of the District officials leading and coordinating the committee, well as information on how the public can get involved with the school welln committee.

D. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with th wellness policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to the Allian for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the District's Superintendent/designee.

The Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

progress report.

E. Revisions and Updating the Policy

The Committee will update or modify the wellness policy based on the results the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new heal science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

F. Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begi with awareness of the wellness policy. The District will actively communicate ways in which representatives of the Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the District. The District 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 how to apply, and a description of and compliance wit Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district'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 a actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will utilize that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to oth ways that the district and individual schools are communicating important school information with parents.

The District will notify the public about the content of or any updates to the wellness policy annually. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

V. Nutrition

A. School Meals

The District is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and milk, milk substitutes, and nondairy beverages

low in saturated fat, and have zero grams *trans* fat per serving (nutrition labe
or manufacturer's specification); and to reasonably meeting the nutrition nee
of school children within their calorie requirements. The school meal program
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 foo
preferences and special dietary needs.

District schools are committed to offering school meals through the NSLP and
SBP programs, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, stat
   and Federal statutes and regulations.
5. Promote healthy food and beverage choices using at least 10 Smarter
   Lunchroom techniques including:
   - Whole fruit options are displayed in attractive bowls or baskets
     (instead of chaffing dishes or hotel pans).
   - Sliced or cut fruit is available daily.
   - Daily fruit options are displayed in a location in the line of sight an
     reach of students.
   - All available vegetable options have been given creative or
     descriptive names.
   - 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.) ar
     highlighted on posters or signs within all service and dining areas.
   - A reimbursable meal can be created in any service area available t
     students (e.g., salad bars, snack rooms, 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 optior

B. **Staff Qualifications and Professional Development**

annual continuing education and training requirements in the USDA Professic 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.

C. **Water**

To promote hydration, free, safe, unflavored drinking water will be available all students throughout the school day and throughout every school campus. T District will make drinking water available where school meals are served dur mealtimes.

D. **Competitive Foods and Beverages**

The District is committed to providing foods and beverages 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 USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student healt 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 Sma Snacks in Schools are available at: https://www.fns.usda.gov/tn/guide-smart-snacks-school .

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 the USD/ Smart Snacks nutrition standards. These standards will apply in all locations an through all services where foods and beverages are sold, which may include, bu are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

E. **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. *Celebrations and parties*. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA .

list of foods and beverages that meet Smart Snacks' nutrition standards.

3. *Rewards and incentives*. The District will provide teachers and other relevant school staff a list of alternative ways to reward children . Food and beverages will not be used as a reward, or withheld as punishment fo any reason, such as for performance or behavior.

F. **Fundraising**

The District requires that all fundraising on the school campus during the scho day sell only nonfood items or foods and beverages that meet or exceed USDA Smart Snacks in School nutrition standards. This requirement applies to fundraising activities including, but not limited to, cookie dough sales, candy sales, pizza sales, and market days.

The District encourages schools to use fundraisers that promote physical activity, including walk-a-thons, Jump Rope for Heart, fun runs, and similar activities.

The District will make available to caregivers and school staff a list of healthy fundraising ideas.

1. Schools will use only non-food fundraisers, and encourage those promotir physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
2. Fundraising during and outside school hours will sell only non-food items foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donatio nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)

G. **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behavio 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 consiste nutrition messages throughout schools, classrooms, gymnasiums, and cafeteria Nutrition promotion also includes marketing and advertising nutritious foods a beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teacher parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus during the school day and encourage participati in school meal programs. This promotion will occur through at least:

techniques through the school meal programs using Smarter Lunchroom techniques; and
2. Ensuring that foods and beverages marketed or advertised to students on the school campus during the school day meet the USDA Smart Snacks in School nutrition standards.

H. **Nutrition Education**

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

1. Is designed to provide students with the knowledge and skills necessary t promote and protect their health;
2. Is part of not only health education classes, but also integrated into othe classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
3. Includes enjoyable, developmentally appropriate, culturally relevant, an participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
4. Promotes fruits, vegetables, whole-grain products, milk, milk substitutes and nondairy beverages that meet current federal, state, and local requirements, and healthy food preparation methods;
5. Emphasizes caloric balance between food intake and energy expenditure
6. Links with school meal programs, cafeteria nutrition promotion activities school gardens, Farm to School programs, other school foods and nutritio related community services;
7. Teaches media literacy with an emphasis on food and beverage marketin and
8. Includes nutrition education training for teachers and other staff.

I. **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum and, as applicable, the Health and Family Education curriculum, a minimum of 12 of the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention
2. Food guidance from USDA MyPlate
3. Reading and using FDA's nutrition fact labels
4. Eating a variety of foods every day
5. Balancing food intake and physical activity
6. Eating more fruits, vegetables and whole grain products

not contain *trans* fat
8. Choosing foods and beverages with little added sugars
9. Eating more calcium-rich foods
10. Preparing healthy meals and snacks
11. Risks of unhealthy weight control practices
12. Accepting body size differences
13. Food safety
14. Importance of water consumption
15. Importance of eating breakfast
16. Making healthy choices when eating at restaurants
17. Eating disorders
18. The current Dietary Guidelines for Americans
19. Reducing sodium intake
20. Social influences on healthy eating, including media, family, peers and culture
21. How to find valid information or services related to nutrition and dietary behavior
22. How to develop a plan and track progress toward achieving a personal go to eat healthfully
23. Resisting peer pressure related to unhealthy dietary behavior
24. Influencing, supporting, or advocating for others' healthy dietary behavio

J. **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protec and promote students' health by permitting advertising and marketing on the school campus during the school day only those foods and beverages that meet or exceed USDA Smart Snacks in School nutrition standards, consistent with the District's wellness policy and regulation.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the 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

limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
2. Displays, such as on vending machine exteriors.
3. Corporate brands, logos, names, or trademarks on school equipment, suc as marquees, message boards, scoreboards or backboards. While immediate replacement of these items is not required, the District will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possibl over time so that items are in compliance with this regulation.
4. Corporate brands, logos, names or trademarks 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 District.
5. Advertisements in school publications or school mailings.
6. Free product samples, taste tests or coupons for a product, or free samples displaying advertising for a product.

As the District, school nutrition services, Athletics Department, PTA, or PTO reviews existing contracts and considers new contracts, equipment, and produ purchasing and replacement decisions, those decisions should reflect the applicable marketing guidelines established by the District wellness regulation

/. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activi 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 t providing these opportunities. Schools will provide that these varied physical activit 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 use current evidence-based resources and strategies to address all CSPAP areas.

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

safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

The District requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.

The District will ensure that elementary students, including students in alternative education programs, participate in moderate physical activity for the entire school year for an average of at least 150 minutes per five-day school week, or an average of 30 minutes per day, as required by Missouri law. Students with disabilities will participate in moderate physical activity to the extent appropriate under IDEA, Section 504 of the Rehabilitation Act of 1973, and applicable student plans.

A. Physical Education

The District will 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 (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All secondary students are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

B. Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades and the District will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum

12 the following essential topics on physical activity:

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

C. Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days durin the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities or hand-sanitizing mechanisms located just inside or 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 a time to put away coats, hats, gloves, and other articles of clothing worn durin recess, will be built into the recess transition period before students enter the cafeteria.

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

indoor recess guidelines that promote physical activity for students, to the extent practicable.

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

D. **Classroom Physical Activity Breaks (Elementary and Secondary)**

The District 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 Distri recommends teachers provide short (3-5-minute) 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 District will provide resources and links to resources, tools, and technolog with ideas for classroom physical activity breaks. The District will use current resources from the USDA and school wellness organizations, like the Alliance for a Healthier Generation .

E. **Active Academics**

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

F. **Before and After School Activities**

Physical activity before and after school can increase the amount of physical activity students engage in. Physical activity before and after school may

after-school programs. Encouraging students to be physically active before and after school helps them identify activities they enjoy and might engage in long term.

The District will offer opportunities for all students to participate in physical activity before and after the school day through a variety of methods that may include but not be limited to:

1. Physical activity clubs,
2. Physical activity breaks in before- or after-school programs,
3. Intramural activities,
4. Interscholastic sports, or
5. Other developmentally appropriate activities approved by the building administrator or designee.

G. **Active Transport**

The District will support active transport to and from school, such as walking o biking. The District will encourage this behavior by engaging in six or more of the activities below; including but not limited to:

1. Designate safe or preferred routes to school
2. Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
3. Secure storage facilities for bicycles and helmets (e.g., shed, cage, fence area)
4. Instruction on walking/bicycling safety provided to students
5. Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
6. Use crossing guards
7. Use crosswalks on streets leading to schools
8. Use walking school buses
9. Document the number of children walking and or biking to and from scho
10. Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

/I. Other Activities that Promote Student Wellness

The District will integrate health and wellness activities across the entire school ;e ing, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives relatec :o physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of

educational outcomes.

District schools are 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 District's curriculum directors.

All efforts related to obtaining federal, state or association recognition for efforts, grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensurin the involvement of the Committee.

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

A. **Community Partnerships**

The District will utilize where feasible relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this 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.

B. **Community Health Promotion and Family Engagement**

The District will 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 District will use electronic mechanisms (e.g., email or displayi 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 families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

C. **Staff Wellness and Health Promotion**

The Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs

staff which will be coordinated by the District's HR Director.

District schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management tha are accessible and free or low-cost.

D. **Professional Learning**

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healtl behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections betwee academics and health and the ways in which health and wellness are integrate into ongoing district reform or academic improvement plans and efforts.

Board Approved Date: June 11, 2026
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