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3 **INSTRUCTION**

4
5 School Wellness

6 The Florence-Carlton School District is committed to providing school environments that promote and
7 protect children’s health, well-being, and ability to learn, by supporting healthy eating and physical
8 activity. Therefore, it is the policy of the Florence-Carlton School District that:

- 9 • The School District will engage students, parents, teachers (especially teachers of physical
10 education), food service professionals, school health professionals, and other interested
11 community members in developing, implementing, monitoring, and reviewing District-wide
12 nutrition and physical activity policies and procedures.
- 13 • All students in grades K-12 will have opportunities, support, and encouragement to be physically
14 active on a regular basis.
- 15 • The School District will inform and update the public every three years, at a minimum, (including
16 parents, students, and others in the community) about the content and implementation of the local
17 wellness policies. The District will also measure periodically and make available to the public an
18 assessment of the local wellness policy, including:
 - 19 • The extent to which schools are in compliance with the local wellness policy;
 - 20 • The extent to which the LEA’s local wellness policy compares to model local school
21 wellness policies; and
 - 22 • The progress made in attaining the goals of the local wellness policy.
- 23 • Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S.*
24 *Dietary Guidelines for Americans*.
- 25 • Qualified child nutrition professionals will provide students with access to a variety of affordable,
26 nutritious, and appealing foods which meet the health and nutrition needs of students; will
27 accommodate the religious, ethnic, and cultural diversity of the student body in meal planning;
28 and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 29 • To the maximum extent practicable, all schools in the District will participate in available federal
30 school meal programs, including the School Breakfast Program and the National School Lunch
31 Program (including after-school snacks).
- 32 • Schools will provide nutrition education and physical education to foster lifelong habits of
33 healthy eating and physical activity and will establish linkages between health education and
34 school meal programs and with related community services.

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36 The Superintendent or his/her designee will develop procedures based on the following five (5) areas of
37 requirement:

- 38 1. Nutrition Education Goals
- 39 2. Physical Activity Goals
- 40 3. Nutrition Standards for All Foods and Beverages
- 41 4. Other School-Based Wellness Activities
- 42 5. Governance and Evaluation

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44 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004
45 P.L. 111-296 The Healthy, Hunger-Free Kids Act of 2010

46 Policy History:

47 Adopted on: 12-13-16

48 Reviewed on: 11-08-16

49 Revised on: