

Policy JHK - Local Wellness Policy

JHK - SCHOOL DISTRICT OF ALTOONA LOCAL WELLNESS POLICY

The Altoona school district is committed to providing quality education in a safe environment where all students have the opportunity to prepare for today's challenges and realize tomorrow's dreams. The School District of Altoona encourages all members of the school community to develop, practice and promote lifelong wellness behaviors.

The School District of Altoona and Board of Education has adopted this policy to promote the health and well being of all students and staff. This policy includes guidelines in nutrition standards, physical activity, wellness education and other school based activities. Implementation and evaluation guidelines are also included.

Nutrition Standards. The school district and food and nutrition department will:

1. encourage the consumption of nutrient dense foods.
2. provide foods that meet or exceed the minimum USDA guidelines.
3. promote and reinforce messages about healthy eating and insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
4. strive to provide students with a relaxed and enjoyable climate with adequate time to eat. Hand washing will be encouraged before meals.
5. encourage water consumption throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. Students should be encouraged to regularly get drinks and/or drink from water bottles throughout the day. Teachers have the discretion in determining classroom use.
6. give strong consideration to the use of non-food items as part of any teacher-to-student incentive programs
7. reduce student access to foods of minimal nutritional value.
8. ensure the integrity of the school food service programs by prohibiting food and beverages sales that are in direct conflict with the programs.
9. encourage the consumption of healthy snacks during snack breaks.

Physical Activity

1. The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide variety of physical activities so that students develop knowledge and skill to be physically active for life.
2. The district encourages participation in additional opportunities for physical development and fitness.

Wellness Education

1. The school district will provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The school environment will strive to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity and prevention of disease.

2. The school district shall encourage students and staff to acquire the knowledge and skills necessary to make healthy food choices and incorporate healthy habits for a lifetime.

3. Family members and community will be encouraged to participate in supporting and reinforcing the education and promotion of healthy eating and lifestyles.

Other School-based Activity

1. All fundraising activities and sales are encouraged to follow district nutrition standards.

2. The school district wellness policy should be considered in planning all school-based activities (such as school events, field trips, PTO functions, booster club functions, dances, social events and fundraising activities).

Implementation and Evaluation

The district will maintain a Wellness Committee with the purpose of monitoring, implementing and evaluating the district's wellness policy.

The Wellness Committee will serve as a resource to the schools and the community.

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