

## POLICY 103-1

### HEALTH AND WELLNESS

The Department shall establish guidelines to ensure compliance with federal school wellness regulations. The guidelines shall include, but shall not be limited to, the establishment of:

- (1) Goals for nutrition education, health, physical activity, physical education, and other school-based activities that are designed to promote student wellness, as deemed appropriate by the Department;
- (2) Requirements for all foods and beverages that are sold or made available on each school campus during the school day, with the objectives of promoting student health and reducing childhood obesity; and
- (3) A plan for measuring implementation of the wellness policy that includes annual progress reports with school level data and is completed in partnership with other agencies, as appropriate; and
- (4) A committee which meets annually to participate in the wellness policy process including the review and update of wellness guidelines.

**Rationale:** The Board recognizes that schools play an integral part in educating and exposing students to wellness practices, health-enhancing behaviors, good nutrition, and physical and other school-based activities that lend to student achievement and learning.

[Approved: 06/07/2016 (as Board Policy 103.1); amended: 06/21/2016 (renumbered as Board Policy 103-1)]

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