



Red Clay Consolidated School District Board of Education Policy

**Student Wellness**

**A. Purpose:**

The purpose of this policy is to affirm the commitment of the Red Clay Consolidated School District Board of Education (“Board”) to students’ health and well-being.

**B. Issue:**

The Red Clay Consolidated School District (“District”) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that encourages student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

**C. Definitions:**

(None)

**D. Policy:**

To ensure the health and well-being of all students, the Board establishes that the District shall implement a District Wellness Plan that includes the following:

1. Goals for nutrition education, nutrition promotion, physical activity, and other school-based activities to promote student wellness;
2. Nutrition guidelines for all foods available on school campus during the school day to promote healthy eating habits;
3. A procedure for providing assurance that guidelines for all reimbursable school meals meet federal school meal standards;
4. A procedure for measuring the implementation of this policy by designating one or more school officials at each District school to monitor compliance with the policy; and
5. Consistent messages and District practices regarding nutrition and healthy living, disseminated throughout the District’s schools, classrooms, cafeterias, homes, and community.

The Superintendent, through the Food Service Manager and the school principals, shall be responsible to monitor District schools, programs, and curriculum to ensure compliance with this policy, related policies, and established guidelines or administrative regulations.

The Board shall appoint a Wellness Committee that includes at least one of each of the following: a Board member, a District administrator, the District Food Service Manager or representative, a parent or guardian of an enrolled student, an enrolled student, a representative of the PTA, PTO, or other parent group, a member of the public, a teacher of physical education, a school nurse, and a representative of students with disabilities.

## Policy 8012

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing and reviewing this policy in order to make appropriate recommendations to the Board concerning the policy. The Wellness Committee may examine pertinent research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

This policy shall be reviewed with staff by June 30 of each year.

### **E. Review and Reporting:**

This policy shall be reviewed according to policy review guidelines established by the Board.

This policy shall be monitored by the Superintendent.

### **F. History:**

This policy was adopted on September 20, 2006.

### **G. References:**

Related policies: Policy 5002 Food Services

Related documents: USDA Dietary Guidelines for Americans; District Wellness Plan

### **H. Laws/Relevant Agencies:**

Child Nutrition and WIC Reauthorization Act of 2004

Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1))

Healthy, Hunger-Free Kids Act of 2010, Section 204

**Adopted:** 09/20/2006

**Revised:** 11/14/2012