

WELLNESS POLICY COLUMBIA SCHOOL DISTRICT

Columbia School District is committed to providing an educational environment that supports students' health and well-being. In order to enhance the educational environment needed to support this goal the following guidelines are established:

HEALTH AND PHYSICAL EDUCATION CURRICULUM

The district will implement a comprehensive health and physical education curriculum consistent with the Washington State Health and Physical Education K-12 Learning Standards. Columbia's goal is to promote and support healthy, active students and create an environment that models healthy food and exercise choices. The health and physical education curriculum will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

The physical education curriculum shall include instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance, knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness, responsible personal and social behavior; and values physical activity for health and enjoyment.

FAMILY AND COMMUNITY INVOLVEMENT

Student health and well-being is a shared responsibility between schools and families. In order to promote family and community involvement in and support of student's nutrition and physical fitness the Columbia School District is committed to:

- Encouraging parents to support nutritious food choices and daily physical activity, and promote participation in the school's physical education programs and after school or open gym evening activities.
- Providing information to families on nutrition and healthy eating habits as well as family physical fitness activities.
- Encouraging staff to consider various cultural preferences in nutrition and physical fitness programs.

SCHOOL WELLNESS COMMITTEE

The District will convene a district wellness committee that meets at least two times per year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

The district wellness committee will be led by the district superintendent. Membership in the committee will include (to the extent possible): parents/guardians, students, district and school administrators, physical education teachers, classroom teachers, school health

professionals, school support personnel, child nutrition services staff members, school board members, community health professionals, and community members. The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

SCHOOL ENVIRONMENT

The school environment should be conducive to and promote learning. Students who have nutritious food and appropriate physical activity are better prepared to learn. As such, the Columbia School District is committed to the following:

National School Lunch/Breakfast Program will provide students the opportunity to purchase a healthy school lunch and breakfast in accordance with the National School Lunch and Breakfast Program Guidelines. The School Lunch/Breakfast Program will:

- Comply with state and federal nutrition standards and guidelines.
- Serve meals that include a variety of foods that are low in fat, saturated fat and trans-fat; that include a variety of vegetables, fruits, and whole-grain products and that use sugars and sodium in moderation.
- Utilize one or more Smarter Lunchroom strategies to promote and enhance an individual student's ability to make nutritious choices from menu offerings.
- Develop, test, and implement effective healthy menu options, which balance cost, participation, nutrition, and food safety.
- Provide nutrition information on school meals and food service a la carte items.
- Offer schools educational materials and on-site nutrition activities.
- Offer "Breakfast After the Bell" to all students.
- Menus will be posted on the District website. Menus will also be placed in the daily bulletin.
- Students will be allowed ample time to eat breakfast and at least 25 minutes to eat lunch, counting from the time they have received their meal and are seated.
- All school nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- To promote hydration, free unflavored drinking water will be available to all students throughout the school day.
- The district will refrain from marketing foods or beverages on campus that do not comply with state and federal guidelines.

COMPETITIVE FOOD SALES

Competitive food sales are defined as those foods and beverages sold to students, **other than** as a meals, through the school lunch and breakfast program, during school hours. School hours are defined as the period from midnight before to 30 minutes after the end of the official school day. This includes lunch a la carte items, vending machines, student stores, fund raisers and other foods sold to students. It also includes foods sold on school property or at school sanctioned events should assist students in meeting their recommended dietary allowances for growth and development. Food and beverage items sold to students defined as competitive

food sales during school hours must meet USDA requirements. Please review the following website for additional information on the district's abidance by the "Smart Snacks in Schools" requirements:

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

CLASSROOM PARTIES, REWARDS, AND INCENTIVES

Food provided to students other than through the school lunch/breakfast program or through competitive food sales include foods provided for school sponsored parties, events, rewards, and/or incentives. Such foods shall comply with the restrictions for food sales, except that occasional school sponsored class parties and celebrations or school-wide events shall be exempt from the above guidelines, however, providing healthful options is strongly encouraged. No more than three such exceptions should take place in a given school year.

If parents provide food for classroom consumption for individual student recognition, they will be encouraged to bring healthy treats. Parents will also be encouraged to provide healthy meal and snack options for students when providing these from home. School staff, parent organizations, and families will be asked to consider nutrition when food products are given to students in classroom settings for celebrations, rewards or as fund-raising incentives. Healthy food or non-food choices should be considered as an alternative. If snack foods are provided, students of any parent not wishing their child to receive a food reward or incentive should be provided a suitable alternative.