

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- (cf. 1020 - Youth Services)*
- (cf. 3513.3 - Tobacco-Free Schools)*
- (cf. 3514 - Environmental Safety)*
- (cf. 5131.6 - Alcohol and Other Drugs)*
- (cf. 5131.61 - Drug Testing)*
- (cf. 5131.62 - Tobacco)*
- (cf. 5131.63 - Steroids)*
- (cf. 5141 - Health Care and Emergencies)*
- (cf. 5141.22 - Infectious Diseases)*
- (cf. 5141.3 - Health Examinations)*
- (cf. 5141.31 - Immunizations)*
- (cf. 5141.32 - Health Screening for School Entry)*
- (cf. 5141.6 - School Health Services)*
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*
- (cf. 6164.2 - Guidance/Counseling Services)*

School Health Council/Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b)

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

- (cf. 0000 - Vision)*
- (cf. 0200 - Goals for the School District)*

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

- (cf. 6011 - Academic Standards)*
- (cf. 6142.7 - Physical Education and Activity)*
- (cf. 6142.8 - Comprehensive Health Education)*
- (cf. 6143 - Courses of Study)*

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and

school garden programs.

(cf. 5148.2 - Before/After School Programs)

(cf. 6177 - Summer Learning Programs)

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web Sites)

(cf. 1114 - District-Sponsored Social Media)

(cf. 6020 - Parent Involvement)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near the district school and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods available on the campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, the district school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
(cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at the district school, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3554 - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one or more district employees, as appropriate, to ensure that the school complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)
(cf. 3555 - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which the district school is in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC 1758b)

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

The Superintendent or designee shall post the district's policies and regulations on nutrition and physical activity in public view within the school cafeteria or in other central eating areas. (Education Code 49432)

The Superintendent or designee shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

33350-33354 *CDE responsibilities re: physical education*
49430-49434 *Pupil Nutrition, Health, and Achievement Act of 2001*
49490-49494 *School breakfast and lunch programs*
49500-49505 *School meals*
49510-49520 *Nutrition*
49530-49536 *Child Nutrition Act*
49540-49546 *Child care food program*
49547-49548.3 *Comprehensive nutrition services*
49550-49561 *Meals for needy students*
49565-49565.8 *California Fresh Start pilot program*
49570 *National School Lunch Act*
51210 *Course of study, grades 1-6*
51220 *Course of study, grades 7-12*
51222 *Physical education*
51223 *Physical education, elementary schools*
51795-51796.5 *School instructional gardens*
51880-51921 *Comprehensive health education*

CODE OF REGULATIONS, TITLE 5

15500-15501 *Food sales by student organizations*
15510 *Mandatory meals for needy students*
15530-15535 *Nutrition education*
15550-15565 *School lunch and breakfast programs*

UNITED STATES CODE, TITLE 42

1751-1769 *National School Lunch Program, especially:*
1758b *Local wellness policy*
1771-1791 *Child Nutrition Act, especially:*

1773 *School Breakfast Program*
1779 *Rules and regulations, Child Nutrition Act*
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 *National School Lunch Program*
220.1-220.23 *National School Breakfast Program*
COURT DECISIONS
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Increasing Access to Drinking Water in Schools, Policy Brief, March 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009
Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, 2005

FEDERAL REGISTER

Rules and Regulations, January 26, 2012, Vol. 77, Number 17, pages 4088-4167

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.cscscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy
adopted: March 9, 2017
Students

JULIAN UNION HIGH SCHOOL DISTRICT
Julian, California
E 5030(a)

STUDENT WELLNESS

Preamble

Whereas, good health fosters student attendance and education

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive

Whereas healthy eating habits and physical activity are often established in childhood

Whereas students and their families trust that the foods offered at school are wholesome and safe

Whereas healthy children are the foundation of a healthy society

Thus the Julian Union High School District recognizes the link between student health and learning and is committed to providing a comprehensive learning environment that supports and promotes wellness, healthy eating, nutrition education, physical education and activity for district students. The Julian Union High School District shall build and maintain a coordinated school health program that supports and reinforces health literacy through health education, physical education, health services, nutrition services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

I. School Health Council

The board's policy related to student wellness shall be developed and periodically assessed by the School Wellness Committee.

The School Wellness Committee will include the Superintendent (District Wellness Coordinator), Principal, Director of Nutrition, Board Member representative, Parent representative, community members, and student representatives. The Wellness Committee will meet quarterly with meeting dates posted and advertised. The School Board will be updated quarterly, and meeting minutes will be accessible from the District Office and District web site.

The school wellness committee shall assist with policy development and updates and advise the district on health-related issues, activities, policies, and programs. The committee may plan and implement activities to promote health within the school or community. The district will inform the public, parents and staff on progress on its web site, at Parent Teacher Organization meetings, and in district newsletters. The district Wellness Policy will be posted in its entirety in English and Spanish near the entrance of school cafeterias. The District Superintendent is designated to ensure Wellness Policy implementation and oversight.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

District schools shall participate in available federal school meal programs (the School Breakfast Program and National School Lunch Program). Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools. Nutrient analysis of all meals shall be available for parents and students to see.

Food

The district shall:

- Include whole, fresh, unprocessed foods and ingredients in meals and when possible incorporate locally produced food for meals and snacks
- Use foods low in sodium (no more than 230 mg per serving for chips, cereals, crackers, French fries, baked goods and other snack foods; and no more than 480 mg of sodium per serving for pastas, meats and soups; and no more than 600 mg of sodium for pizza, sandwiches, and entrees)
- Limit sources of trans fatty acids
- Offer a choice of at least two fruits and/or non-fried vegetables at any location on the school sites where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)
- Be appealing and attractive to children and be provided in a pleasant eating environment that is adequate and sheltered
- Engage students and parents, through surveys, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices.

Breakfast

To ensure that all children have a healthy (low sugar, fat, sodium and high fiber) breakfast, either at home or at school, schools shall:

- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including “grab and go” or breakfast served during morning break or recess
- Notify parents of the availability of the School Breakfast Program
- Encourage parents to provide a healthy breakfast for their children if served at home

Free and Reduced Price Meals

The district shall make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. The school shall continue to utilize electronic identification and payment systems.

Meal Times and Scheduling

Schools shall:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedule meal periods at appropriate times, lunch should be scheduled between 11 a.m. and 1 p.m.

- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs

Qualifications of Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district shall provide for continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for school nutrition manager and cafeteria workers, according to their levels of responsibility.

Sharing of Food and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually Outside of School Meals

The board believes that foods and beverages available to students in district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages served or sold to students during the school day, including foods and beverages provided through the district's food service program, student stores, or other venues, shall meet or exceed Senate Bill 12 guidelines.

Beverages

Beverages containing added sweeteners including sugar, invert sugar, dextrin, sucrose, honey, corn syrup, aspartame, saccharine, sucralose, cane juice, molasses, Equal, NutraSweet, and Splenda shall not be sold or made available to students on the school campus.

Schools will offer an accessible water station located within the snack/lunch area during meals and nutrition breaks to ensure that all children have access to water.

Fundraising Activities

To support children's health and school nutrition efforts, school, teacher, or parent group sponsored fundraising activities shall not involve food or shall only use food that meet nutrition standards as specified by above nutrition standards for food and beverages. Schools shall encourage fundraising activities that promote physical activity. The school district shall make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Snacks provided through after-school programs will pursue receiving reimbursements through the National

School Lunch Program.

Parents shall be encouraged to provide their children with food and snacks to bring on campus that meet the nutrition standards adopted by the district.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

School-sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

III. Nutrition and Physical Education Promotion and Food Marketing

Nutrition Education and Promotion

Nutrition education shall be delivered in the classroom by credentialed teachers. Instruction shall be given by the health education teacher to all students in the district. Nutrition instruction will also be included/interwoven by teachers of other core subject areas and electives. Health topics to be covered will be relevant and important to the health of adolescents.

Students will learn about media literacy—dissecting the food marketing industry to understand the Madison Avenue techniques used to sell different food/beverage choices.

Integrating Physical Activity into the Classroom Setting

Opportunities for physical activity shall be incorporated into other subject lessons and used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Communications with Parents

To encourage consistent health messages between the home and school environment, the superintendent or designee may disseminate health information to parents/guardians through the weekly school bulletin, handouts, parent/guardian meetings, the district website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Food Marketing in Schools

The board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Staff Wellness

The district values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. A staff wellness committee

composed of at least one staff member, school health council member, and other health professionals shall meet as a subcommittee of the school health council. The committee shall assess, develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage and model healthy eating, physical activity, and other elements of a healthy lifestyle.

IV. Physical Activity Opportunities and Education

Daily Physical Education

All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

The district's physical education program shall be based on research consistent with the expectations established in the state's curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The district will administer a physical fitness test annually to students. Students will receive their individual fitness test results upon completing the test and a letter with fitness results sent home to parents. Fitness test results will be reported to school board and district staff annually.

Physical Activity Opportunities Before and After School

Whenever possible, district schools will offer extracurricular activities programs, such as sports, physical activity clubs or special events that focus on physical activity.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. Most notably, the Julian High track is available to community agencies and organizations which have need of an exercise space. School policies concerning safety will apply at all times.

V. Health Services and Education

Counseling, Psychological, and Social Services

The Vista Hills Learning Assistance Center shall be designated to provide educational and counseling opportunities for promoting social-emotional development and resiliency. Personnel will endeavor to intervene as early as is feasible when emotional, behavioral, and/or learning problems manifest and will help build a

systemic response to matters that affect student and staff well-being such as bullying, alienation, and student disengagement from classroom learning. Prevention programs, including violence prevention, sex education and drug and alcohol programs, shall be offered as appropriate.

Healthy School Environment

The Vista Hills Learning Assistance Center shall be designated to provide services to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals. Organizational assessment and consultation skills of counselors and psychologists will contribute not only to the health of students but also to the health of the school environment. Professionals such as certified school counselors, psychologists, and social workers shall provide these services.

The district shall endeavor to provide a positive psychological environment that includes the physical, emotional, and social conditions affecting the well being of students and staff. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting.

VI. Monitoring and Policy Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The district will report on a periodic basis to the State and general public about the school wellness environment including nutrition education, whether all students are meeting age-appropriate physical education recommendations based on state and national guidelines, and the amount of time students are required to spend in physical education.

Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.