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3 **INSTRUCTION**

4
5 School Wellness

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7 Turner School District # 43 is committed to providing school environments that promote and
8 protect children’s health, well-being, and ability to learn, by supporting healthy eating and
9 physical activity. Therefore, it is the policy of Turner School District # 43 that:

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- 11 • The School District will engage students, parents, teachers (especially teachers of
12 physical education), food service professionals, school health professionals, and other
13 interested community members in developing, implementing, monitoring, and reviewing
14 District-wide nutrition and physical activity policies and procedures.
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 - 16 • The School District will inform and update the public every three (3) years, at a minimum,
17 (including parents, students, and others in the community) about the content and
18 implementation of the local wellness
19 policies. The District will also measure periodically and make available to the public an
20 assessment of the local wellness policy, including:
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 - 22 • The extent to which schools are in compliance with the local wellness policy;
 - 23 • The extent to which the LEA’s local wellness policy compares to model local school
24 wellness policies; and
 - 25 • The progress made in attaining the goals of the local wellness policy.
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 - 27 • All students in grades K-12 will have opportunities, support, and encouragement to be
28 physically active on a regular basis.
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 - 30 • Foods and beverages sold or served at school will meet the nutrition recommendations of
31 the *U.S. Dietary Guidelines for Americans*.
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 - 33 • Qualified child nutrition professionals will provide students with access to a variety of
34 affordable, nutritious, and appealing foods which meet the health and nutrition needs of
35 students; will accommodate the religious, ethnic, and cultural diversity of the student
36 body in meal planning; and will provide clean, safe, and pleasant settings and adequate
37 time for students to eat.
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 - 39 • To the maximum extent practicable, all schools in the District will participate in available
40 federal school meal programs, including the School Breakfast Program and the National
41 School Lunch Program (including after-school snacks).
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 - 43 • Schools will provide nutrition education and physical education to foster lifelong habits
44 of healthy eating and physical activity and will establish linkages between health
45 education and school meal programs and with related community services.
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5 The Superintendent or designee will develop procedures based on the following five (5) areas of
6 requirement:

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8 a. Nutrition Education Goals: Throughout their K-12 coursework, students will be exposed
9 to nutrition education which teaches the knowledge and skills needed to adopt healthy
10 eating behaviors.
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12 b. Physical Activity Goals: The District will offer a comprehensive health enhancement
13 program taught by a certified K-12 health enhancement specialist whenever possible to
14 equip students with the knowledge, skills, and values necessary for lifelong physical
15 activity.
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17 c. Nutrition Standards for All Foods and Beverages: The District will ensure that
18 reimbursable school meals meet the program requirements and nutrition standards found
19 in federal regulations.
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21 d. Other School-Based Wellness Activities: The school will attempt to offer additional
22 opportunities to encourage healthy eating and living.
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24 e. Governance and Evaluation: The school administration or a designee will measure the
25 progress and effectiveness of this policy and ensure that it is being implemented,
26 managed, and enforced.
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30 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004

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32 Policy History:

33 Adopted on:

34 Revised on: February 21, 2007, 12/21/2011, March 15, 2017