

	<p>The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity.</p> <p>[See EHAA for information regarding the District's coordinated school health program.]</p>
<p><b>Development, Implementation, and Review of Guidelines and Goals</b></p>	<p>The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.</p> <p>[See BDF for required membership of the SHAC.]</p>
<p>Wellness Plan</p>	<p>The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:</p> <ol style="list-style-type: none"><li>1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;</li><li>2. Objectives, benchmarks, and activities for implementing the wellness goals;</li><li>3. Methods for measuring implementation of the wellness goals;</li><li>4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and</li><li>5. The manner of communicating to the public applicable information about the District's wellness policy and plan.</li></ol> <p>The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.</p>
<p><b>Nutrition Guidelines</b> Foods and Beverages Sold</p>	<p>The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]</p>
<p>Foods and Beverages Provided</p>	

	<p>The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.</p>
<b>Wellness Goals</b>	
Nutrition Promotion and Education	<p>The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p> <p>The District establishes the following goal for nutrition promotion: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p> <p>The District establishes the following goal for nutrition education: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>
Physical Activity	<p>The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]</p> <p>The District establishes the following goal for physical activity: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.</p>
Other School-Based Activities	<p>The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>
<b>Implementation</b>	<p>The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.</p>
<b>Evaluation</b>	<p>The District shall comply with federal requirements for evaluating this policy and the wellness plan.</p>
<b>Public Notification</b>	<p>The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.</p>

**Records Retention**

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]

**Food Allergy  
Management Plan**

The District shall develop and implement a student food allergy management plan that includes the components below.

**General Procedures**

Procedures to limit the risk posed to students with food allergies shall include:

1. Specialized training for employees responsible for the development, implementation, and monitoring of the District's food allergy management plan.
2. Awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction.
3. General strategies to reduce the risk of exposure to common food allergens.
4. Methods for requesting specific food allergy information from a parent of a student with a diagnosed food allergy. [See FD]
5. Annual review of the District's food allergy management plan.

**Students at Risk for  
Anaphylaxis**

Procedures regarding the care of students with diagnosed food allergies who are at risk for anaphylaxis shall include:

1. Development and implementation of food allergy action plans, emergency action plans, individualized health-care plans, and Section 504 plans, as appropriate.
2. Training, as necessary, for employees and others to implement each student's care plan, including strategies to reduce the student's risk of exposure to the diagnosed allergen.
3. Review of individual care plans and procedures periodically and after an anaphylactic reaction at school or at a school-related activity.

**Distribution**

Information regarding this policy and the District's food allergy management plan shall be distributed annually in the student handbook and made available at each campus.