

SEEM COLLABORATIVE WELLNESS PROGRAM

SEEM COLLABORATIVE WELLNESS POLICY:

The SEEM Collaborative Board of Directors holds wellness as a priority, recognizing the relationship between student well-being and student achievement as well as the importance of a comprehensive district/collaborative wellness program. The Board believes that although parents and families play the primary role in educating their children around these issues, the school and the community play an important supporting role. Therefore, the SEEM Board of Directors will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. A wellness program focusing on nutrition and physical activity will be implemented in a multidisciplinary fashion and will be evidence based.

SCHOOL HEALTH AND WELLNESS ADVISORY COMMITTEE:

The SEEM Collaborative will establish a wellness committee that consists of one (1) student, nurse, school food service representative, school administrator, parent and program coordinator from each school. A qualified, credentialed nutrition professional will act as a regular consultant to the wellness committee. The "Wellness Program Coordinators", in consultation with the "Wellness Committee", will be responsible for the implementation of and evaluation of this policy.

NUTRITION GUIDELINES:

It is the policy of the SEEM Collaborative that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. The Collaborative will create procedures that address all foods available to students throughout the school day in the following areas:

- . guidelines for maximizing nutritional value with a focus on levels of fat and sugars, and setting appropriate portion size of each individual food or beverage sold within the school environment;
- . guidelines that foods and beverages available outside the school meals program promote healthy eating patterns, including the following categories:
 - . foods and beverages included in the a la carte sales in the food service program on school campuses;
 - . foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
 - . foods and beverages sold as part of school-sponsored fundraising activities;
 - . refreshments served at parties, celebrations, and meetings during the

- school day; and
- . specify that its guidelines will be based on nutrition goals, not profit motives.

NUTRITION AND PHYSICAL EDUCATION:

Nutrition and Physical Education curricula and programming are guided by national, state and local guidelines. Health education curriculum standards and guidelines address both nutrition and physical education.

NUTRITION EDUCATION:

- . Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- . Nutrition education is offered in the school cafeteria as well as in the classroom, with coordination between the foodservice staff and other school personnel, including teachers.
- . Students receive consistent nutrition messages from all aspects of the school program.
- . Nutrition education programs should also support the promotion of good nutrition to parents, guardians, families and school staff.
- . Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- . Schools link nutrition education activities with the coordinated school health program.
- . Staff who provide nutrition education have appropriate training.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY:

- . Students receive physical education that teaches the skills they need to adopt and maintain a healthy life style.
- . Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate.
- . Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- . Schools work with community to create ways for students to walk and/or bike.
- . Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- . Schools provide training to enable staff to promote enjoyable, lifelong physical activity among students.

OTHER SCHOOL-BASED ACTIVITIES:

The wellness program coordinators, in consultation with the Health and Wellness Committee, are charged with developing procedures addressing other school-based activities to promote wellness.

- . An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.
- . All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- . Environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware have been considered and implemented where appropriate.
- . Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.

EVALUATION:

The wellness committee will assess all education curricula and materials pertaining to nutrition, physical activity, and physical education for accuracy, completeness, balance and consistency with the state and Collaborative's goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the Collaborative's wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the Collaborative's wellness program. Wellness program coordinators will report to the Collaborative's Administrative Council at the end of each semester.

Cross References: EFC, Free and Reduced-Cost Food Services
IHAMA, Teaching About Alcohol, Tobacco and Drugs
KI, Public Solicitations/Advertising in Collaborative Facilities
MPHA – Community Action to Change School Food Policy: An Organizing Kit
California Dept. of Education – Healthy Children Ready to Learn: Facilities Best Practices
Action for Healthy Kids – The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265
The Richard Russell National School Lunch Act, 42 U.S.C.- 1751-1769
The Child Nutrition Act of 1966, 42 U.S.C. – 1771-1789