

It is the belief of the Highland School District to strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The Highland School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

The Board directs the Superintendent to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

#### Goals for Wellness Promotion

To ensure the health and well being of all students, it is the policy of the District to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that fundraising food sales and parties for students, which are held during school hours, will not conflict with the lunch and breakfast programs. The District operates under program regulations of the National School Lunch, National School Breakfast and National After-School Snack programs.
3. Support and promote dietary habits contributing to students' health and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition guidelines. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. The District encourages all staff to focus of the Dietary Guidelines for Americans.

4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors including good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Promote healthy eating patterns through classroom nutrition education coordination with the comprehensive healthy education program including education, health and food services;
7. Provide school staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
8. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.

#### Nutrition Guidelines

To promote student health and reduce childhood obesity, the District urges all schools within the District to comply with the nutrition requirements described in the District's Nutrition Standards policy with respect to all food that is available on campus during the school day.

#### Community Participation

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are all permitted to participate in the development, implementation, and periodic review of this policy.

The Superintendent shall periodically measure and make available to the public an assessment on the implementation of this policy including:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to model local school wellness policies;
- A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the district or school website.

Monitoring Compliance

The Superintendent shall designate one or more district officials or school officials to ensure that each school complies with this policy.



**LEGAL REFERENCE:**

Sec 204, Child Nutrition and WIC Reauthorization Act of 2004  
Pub.L. 111-296      Healthy, Hunger-Free Kids Act of 2010

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