

## WELLNESS POLICY

The mission of the School District is to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student, affording them the opportunity to fully participate in the education process. Due to drastic increases in childhood obesity and chronic diseases, it is important for school districts to actively participate in reversing this trend. Therefore, it is the policy of the West Salem School District to provide school environments that promote nutritious food choices and physical activity.

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

1. Ensure that on scheduled school days, all students have access to nutritious food choices at reasonable prices. All snack and beverage items sold on campus (except nuts and seeds) must be in single serving size and contain no more than 150 calories. No candy or carbonated beverages will be used as a teaching tool or sold during the school day (with the exception of a specific IEP) Snacks offered with elementary milk break should be limited to one serving (no candy). All student vending machines will be limited to diet soda, 100% juice, low fat milk and sport drinks. Calorie free water may be sold anytime in any size. Food will not be used as a reward or punishment.
2. Ensure the integrity of the school meals program by prohibiting food sales for students that are in direct conflict with the National School Lunch and Breakfast programs.
3. Incorporate nutrition education at all grade levels, consistent with the current Dietary Guidelines for Americans.
4. Ensure that the physical education curriculum maximizes the time students spend moving their bodies and developing the knowledge and skills to be physically active for life.
5. Encourage stretch breaks during the day and limit inside recess.
6. Encourage staff to role model healthy lifestyle habits.

7. Encourage staff to explore non-food incentives and rewards and promote physical activity.

The superintendent will appoint an annual ad hoc committee to review the wellness policy practices annually.

Note:

1. The school day is from 7:30 a.m. - 3:10 p.m.
2. Birthday treats and holiday parties are not part of this policy, although it is recommended that teachers encourage healthy snacks. This will also encourage snacks that students with food allergies and chronic diseases, such as diabetes, can enjoy with their classmates.

APPROVED: September 11, 2006

REVISED: January 28, 2008