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5 School Wellness

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

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- 11 • The School District will engage students, parents, teachers, food service professionals, health
- 12 professionals, and other interested community members in developing, implementing,
- 13 monitoring, and reviewing District-wide nutrition and physical activity policies and procedures.
- 14 • All students in grades K-8 will have opportunities, support, and encouragement to be physically
- 15 active on a regular basis.
- 16 • The School District will inform and update the public every three years, at a minimum (including
- 17 parents, students, and others in the community) about the content and implementation of the local
- 18 wellness
- 19 policies. The District will also measure periodically and make available to the public an
- 20 assessment of the local wellness policy, including:
 - 21 • The extent to which schools are in compliance with the local wellness policy;
 - 22 • The extent to which the LEA’s local wellness policy compares to model local school
 - 23 wellness policies; and
 - 24 • The progress made in attaining the goals of the local wellness policy.
- 25 • Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S.*
- 26 *Dietary Guidelines for Americans.*
- 27 • Qualified child nutrition professionals will provide students with access to a variety of affordable,
- 28 nutritious, and appealing foods which meet the health and nutrition needs of students; will
- 29 accommodate the religious, ethnic, and cultural diversity of the student body in meal planning;
- 30 and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 31 • To the maximum extent practicable, all schools in the District will participate in available federal
- 32 school meal programs, including the School Breakfast Program and the National School Lunch
- 33 Program (including after-school snacks).
- 34 • Schools will provide nutrition education and physical education to foster lifelong habits of
- 35 healthy eating and physical activity and will establish linkages between health education and
- 36 school meal programs and with related community services.

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38 The Superintendent or his/her designee will develop procedures based on the following five (5) areas of
39 requirement:

- 40 1. Nutrition Education Goals
- 41 2. Physical Activity Goals
- 42 3. Nutrition Standards for All Foods and Beverages
- 43 4. Other School-Based Wellness Activities
- 44 5. Governance and Evaluation

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46 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004

47 Policy History:

48 Adopted on: June 2007

49 Reviewed on: Revised on: 11/10/16