

VERONA MILLS SCHOOL LOCAL WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Verona Mills School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by suggesting students bring nutritious meals and snacks to support the development of good eating habits and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such health behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education

1. Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum.
2. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.
3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate.
4. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.
5. The district shall provide information to parents that is designed to reinforce at home the nutrition education being taught in the classroom.

Nutrition Education Goal: The School will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For ex. Fresh fruits, vegetables and whole grain items.

B. Nutrition Promotion

1. All food items and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, food brought by students to share at a classroom party) shall take into account any food allergies in the classroom/students provided for.
2. The District shall encourage students to increase their consumption of healthful foods during the school day.

Nutrition Promotion Goal: There will be a MYplate poster posted in the kitchen area of the school.

C. Physical Activity

1. Physical activity shall not be employed as a form of discipline or punishment.
2. All students at Verona Mills School shall receive opportunity for daily physical activity.
3. All Verona Mills students shall be provided with a daily recess period at least fifteen (15) minutes in duration.
4. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the day.
5. Planned instruction in physical activity shall teach cooperation, fair play, and responsible participation.

Physical Activity Goal: One of the three daily recesses will be structured to provide instructional physical exercises/activities.

D. Other Activities

1. Students will be given an ample time to eat lunch at school.
2. Mealtimes will be scheduled so there is minimum disruption by recess and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Students, parents and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
5. A system shall be in place to eliminate any stigma or identification of students eligible to receive free and/or reduced meals.

E. District

1. The School Board shall appoint a School Wellness Team.
2. The School Board shall develop and implement administrative rules consistent with the policy.
3. The School Board shall have the responsibility to ensure each school building complies with the wellness policy.
4. The District shall make the School Wellness Policy available on the HISD web site. The Wellness Policy's triennial assessment will also be available on the HISD website.

F. School Wellness Team

1. The School Wellness Team shall include teachers, school aides, parents/guardians, students, school board members. Stakeholders will be invited annually to participate.
2. The School Wellness Team shall review the School Wellness Policy annually and report to the School Board, as requested.
3. The School Wellness Team shall assess the implementation of the policy triennially.

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