

ROSEVILLE AREA SCHOOLS
Independent School District No. 623

Policy 580 – Wellness

1.0 Purpose

The purpose of this policy is to ensure a school environment that promotes students' health and ability to learn, and reduces childhood obesity by supporting healthy eating and physical activity.

2.0 Goals

- 2.1 Nutrition Education - to continue to integrate nutrition education into the K-10 curriculum and offer electives in Grades 11 and 12.
- 2.2 Physical Activities - to promote physical activity through curricular and non-curricular activities including recess, interscholastic and intramural activities.
- 2.3 Other School Based Activities - provide guidelines for school parties, fundraising and school based activities that promote the use of foods with a high nutrient content.
- 2.4 The District Wellness Policy will adhere to the USDA Federal Nutritional Guidelines for the Meal Components of Reimbursable Meals.
- 2.5 Parents, students, school board members and district employees will be included in the development and monitoring of guidelines/regulations. Said guidelines/regulations are hereby incorporated by reference.

3.0 Implementation

The District will develop and maintain guidelines/regulations to meet the goals of this policy.

4.0 Plan for Measuring Effectiveness

- 4.1 The Nutrition Services Coordinator and Assistant Superintendent will oversee this policy.
- 4.2 The Nutrition Services Coordinator and Assistant Superintendent will report to the School Board on an annual basis on the oversight of and progress toward meeting the goals of this policy.

Adopted: 06/13/06