

## **533 WELLNESS**

### **I. Purpose**

The purpose of this policy is to demonstrate the Carver-Scott Educational Cooperative's (CSEC) commitment to emphasizing the role good nutrition and physical activity play in maintaining a healthy learning and working environment that protects the well being of staff and students.

### **II. General Statement of Policy**

The Wellness Policy is a guide for CSEC and building administrators, school employees, students, and school board members to ensure students are able to form healthy, life-long nutritional and physical habits. CSEC will model and promote health, well being, and the ability to learn by establishing an environment that: offers healthy and nutritional choices; limits unhealthy food choices provided to students and staff; provides opportunities for students and staff to participate in physical activities; promotes activities that reduce stress; prohibits the use of any tobacco product; and educates students, staff, and community on healthy choices that lead to a healthy life style.

### **III. Guidelines**

A. CSEC will create and sustain a Wellness Committee made up of representatives from all work groups which will develop, promote, and oversee a plan to promote staff /student health and wellness.

#### **B. Nutrition Education and Promotion**

1. CSEC will provide nutrition education to all students and staff that fosters lifelong habits of healthy eating.
2. CSEC will support and encourage nutrition education that recognizes religious, ethnic, and cultural diversity.
3. CSEC will make every effort to make nutrition education developmentally appropriate and participatory in nature by including activities such as contests, promotions, taste testing, school gardens, etc.
4. CSEC will provide education consistent with the current USDA Dietary Guidelines for Americans.
5. CSEC will provide educational activities that inform students of food marketing and advertising strategies.

6. CSEC will provide healthy food and snack selections in vending machines, school stores, and other ala carte options.

C. Physical Activity

1. CSEC will provide opportunities beyond physical education class that encourage students to embrace regular physical activity as a personal behavior.
2. Health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physical active lifestyle and to reduce time spent on sedentary activities such as television and computer games.
3. Classroom teachers will provide short physical activity breaks between lessons or classes whenever possible.
4. CSEC will post health messages, posters and information on bulletin boards, in break rooms, and other public areas.
5. CSEC will include health information, updates, and resources with the quarterly newsletter.
6. CSEC will encourage employees to take walking breaks or have walking meetings.
7. CSEC will map out and display 'walkable' areas around each district building if available.

D. Stress Reduction

1. CSEC will include educational information about the harmful results of stress and ways to reduce stress in the district newsletters and wellness committee updates.

E. Food Service Program

1. CSEC will work with member districts in district locations to provide school meal programs that comply with all federal, state, and local statutes and regulations wherever possible.
2. CSEC will work with member districts to provide continuing professional development for all food service personnel.

F. Food and Beverages

1. CSEC will use caterers who will provide nutrition information of all food products to ensure that a variety of healthy food choices are available for all organization activities, functions, meetings, and events; this applies to all employees, visitors, and any others taking part in organization activities.

2. CSEC will encourage employees and students to make better vending or school store choices by:
  - a) Work with vending companies or suppliers to provide items which are low fat, low sodium and nutrient rich.
  - b) Changing the placement of items in vending machines so the healthier choices are more noticeable.
  - c) Change the pricing structure if possible in vending machines and school stores so that healthy items are a better value.
  - d) Develop a system to identify or label the healthier choices in vending machines or school stores.

G. Tobacco-Free Environment

1. Smoking and the use of any other tobacco product will be prohibited within the school facilities, school vehicles and on the school grounds, including parking lots.
2. Smoking cessation programs for staff and students will be researched and offered on-site by the school districts whenever possible.

H. Breast Feeding

1. CSEC recognizes that breast milk promotes optimum growth and development of infants and will accommodate mothers who choose to continue breast feeding by providing a private space that includes an electrical outlet.
2. CSEC will consider a flexible schedule for mothers who breast feed which allows sufficient break time to express milk at work.

**IV. Implementation and Monitoring**

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. The executive director or designee will ensure compliance with the wellness policy and will provide an annual report of CSEC's compliance with policy to the school board.

**V. Wellness Committee Mission Statement:**

The Wellness Committee is committed to lead by example for a positive, high morale, reduced stress, healthy, motivated, fun, team-oriented atmosphere.

**APPROVED 5/17/11**