

## SCHOOL WELLNESS

**No. 458**

(A) 7-17-06

(R) 5-14-12

(R) 9-14-15

Individuals with healthy bodies and minds are more inspired to achieve academic and personal excellence. It is the policy of the School District of Lodi in partnership with families and communities to create and foster a healthy educational environment and to promote healthy lifestyle practices among students and staff. It is our mission to provide this environment by creating and encouraging a district wide wellness program that supports positive and healthy choices for life long health and well being. This policy will support the implementation and regular evaluation of programs in the following key areas:

- Physical Activity
- Wellness Education
- Food Services
- Snacks/Fundraising

Evaluation criteria shall include, but not be limited to, the recommendations of the Surgeon General, the Dietary Guidelines for Americans and the USDA National School Lunch/Breakfast Program mandates. A wellness committee including the District Administrator or designated administrator, the Director of Food Service, a Physical Education Teacher, a certified Health Teacher and School Nursing staff shall review the evaluation, monitoring and implementation of the district wellness program no less than once annually to ensure that appropriate efforts are made to meet or exceed the established guidelines.

Nutritional integrity is especially important to the district food service program. The district food service program shall reflect and encourage positive nutritional messages and healthy food choices. It is our policy to ensure that all students/staff have access to healthy food choices both during the school day and at all school functions. Meals will be served with consideration towards variety, appeal, taste, safety and packaging to ensure high quality meals at a reasonable price.

CROSS REFERENCE:           #374 – Fund Raising  
                                      #370 – Co-curricular Activities  
                                      #760 – Food Services Management

LEGAL REFERENCE:       § 204 P.L. 108-265  
                                      42 U.S.C. 1751 et sec  
                                      42 U.S.C. 1771 et sec