

12.0 SCHOOL WELLNESS POLICY

Pursuant to federal law, the following parties have jointly developed this school wellness policy: CHAB/District Accountability Committee members, members of the Board of Education, students, parents, teachers, the district's director of food services, school nurses and community members.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Ignacio Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition, physical activity, and health education.

The district will maintain a district-wide District Accountability/CHAB committee. The purpose of the committee shall be to monitor the implementation of the policy annually.

In support of the Wellness Policy, the Board adopts the following goals:

Wellness Policy Goals and Objectives for Nutrition and Physical Activity

Nutrition Goal:

The district will support and promote proper nutritional habits that contribute to student's healthy lifestyle and academic performance.

Objectives to reach this goal are:

1. Vending machines will be at or above the USDA standards.
2. Recess before lunch in appropriate schools.
3. Child nutrition programs comply with Federal, State and Local requirements. Programs are accessible to all children.
4. Foods and beverages made available on campus during school hours, such as concessions, a la carte, student stores, and parties are consistent with current dietary guidelines for Americans.
5. The district requirement of non-food item fund raisers such as, flowers gift wrap jewelry etc.

Physical Activity Goal #1:

1. Promote and maintain age appropriate "regular physical activity" moderate to vigorous physical activity.

Objectives for goal #1:

- a. Students will participate in moderate to vigorous physical activity 30 minutes per day 3-5 days per week at the K-6 level.
- b. All students will complete Presidential/or fitness tests at age appropriate intervals.
- c. All students will have competent skills in a variety of movement patterns (example: walk, run, skip).

Physical Activity Goal #2:

2. Maintain regular age appropriate physical activity in grades 7-12.

Objectives for goal #2 are:

- a. At grades 7 and 8 students will participate in physical activity 225 minutes per week and earn 2 credits at the H.S.
- b. All students will complete fitness testing.
- c. All students will participate in movement patterns that promote healthy life styles.

Physical Activity Goal #3:

3. All students will have age appropriate physical activity adapted to his or her individual special needs.

Objectives for goal #3 are:

- a. All eligible students will have age appropriate physical activity adapted to his or her individual special needs.
 1. Care plans (short term and long term disabilities)
 2. 504's (American Disabilities Act)
 3. I.E.P. (Individualized Education Plan)

Physical Activity Goal #4:

4. Implement Physical Activity/Health education curriculum district wide.

Objectives for goal #4 are:

- a. The Ignacio School District will continue to provide and meet state standards in physical education and national standards in health education.

Adopted: June 8, 2006