

Category: Priority/Required by Law

STUDENT WELLNESS

The Seabrook School District recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles and preventing other diet-related chronic diseases. The School District also recognizes that health and student success are interrelated. It is, therefore, the goal of the School District that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition, physical activity and the development of lifelong wellness practices.

To accomplish these goals:

- School nutrition programs will comply with current federal, state and local requirements. School nutrition programs will be accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- The district will promote and encourage awareness of physical activity connected to students' lives outside of school.
- School-based activities should be consistent with district wellness policy goals.
- Food and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day should be consistent with the current Dietary Guidelines for Americans.
- Food made available through the school nutrition program should adhere to current food safety and security guidelines.
- The school environment shall be safe, comfortable, and provide adequate space for eating meals. Additionally school schedules shall allow sufficient time for eating meals.
- Food and/or physical activity will not be used as a reward or punishment.
- The Seabrook School District shall teach, encourage, support, and model age appropriate daily physical activity.
- The Seabrook School District shall educate students and employees to the important benefits of a healthy lifestyle.
- A Wellness Committee will be formed and may be comprised of the following: principals, nurses, school nutrition director, health educator, Physical Education teachers, school board representative(s), parents, students and community members.
- The Seabrook School District will promote the overall health of children and teach healthy habits that can last a lifetime.

Legal References:

United States Code P.L. 108-265, Section 204 Child Nutrition & WIC Reauthorization Act of 2004.

Adopted: **DATE:**
May 8, 2006
Reviewed:
Revised: **March 16, 2015**
Cancellation: