

## ADAIR COUNTY BOARD OF EDUCATION LOCAL WELLNESS POLICY

**MISSION STATEMENT:** The Adair County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To Accomplish these Goals:

Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.

Sequential and interdisciplinary nutrition education is provided and promoted.

Patterns of meaningful physical activity connect to students' lives outside of physical education.

All school-based activities are consistent with local wellness policy goals.

All foods and beverages made available on campus (including vending and a la carte) during the school day are consistent with the current Dietary Guidelines for Americans.

All food made available on campus adhere to food safety and security guidelines.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

### FOOD REQUIREMENTS

All foods and beverages available to students through the National School Lunch Program will comply with federal, state, and local guidelines.

All food made available through the Summer Feeding Program and After-School Snack Program will comply with federal, state, and local guidelines.

Summer Feeding Programs will be made available to any child that has not reached their nineteenth birthday.

### NUTRITION EDUCATION

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Nutrition education will be addressed and made available to all students through local agencies such as the health department, family resource centers, extension office, etc.

### PHYSICAL ACTIVITY

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Information will be provided to families to help them incorporate physical activity into their students’ lives.

Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.

Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.

### OTHER SCHOOL BASED ACTIVITIES

After-school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school-based activities.

Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

### EATING ENVIRONMENT

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. All students will be given adequate time for meals.

Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch when possible.

Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating all students.

Drinking water is available for students at meals.

## FOOD SAFETY AND FOOD SECURITY

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.