

Board Policy Document

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## **STUDENT PERSONNEL**

### ***Series 500***

**Policy Title: Nutrition and Physical Activity Wellness in the Schools**

**Code Number: 504.1**

The primary purpose of the Sioux City School District is the learning and personal development of its students. All school activities must aim toward accomplishing this fundamental goal. Learning and personal development are holistic, meaning the whole student and the student's complete environment engage in the process.

The Board believes the health and well being of all students is a priority and underscores two broad performance strategies as integral parts of each school's total learning environment: 1) Maintaining high quality nutrition standards. 2) Establishing regularly scheduled physical activity.

Long-term inclusive learning results when the entire school staff and environment demonstrate what they teach. Because the school environment carries a powerful, lasting impact on students, the Board pledges to students, parents and guardians that the schools of the District will provide intentionally managed environments for learning and practicing lifelong healthful behaviors. The Board commits to aligning the entire school culture with healthful practices which positively influence the students' understanding and habits regarding nutrition and physical activity. Health initiatives taught in Sioux City Schools will be age appropriate and easily learned and managed by students.

The Board intends that the District's schools clearly promote proper nutrition habits that contribute to the health, wellness and academic performance of their students. All school-provided meals, snacks, and beverages available to students during the instructional day and at before- and after-school programs

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must meet or exceed predetermined nutritional standards. Within this context, the Board fully intends for each of the District's schools to comply with the 2004 Child Nutrition Reauthorization Act.

The Board also pledges to maintain District procedures that have eliminated the overt identification of students eligible for free and reduced-price school meals.

Finally, the Board commissions the Community School Health Advisory Council to (1) develop a wellness action plan and recommend to the Superintendent appropriate administrative procedures to implement this mandate; and 2) evaluate, on a continuing basis, the wellness action plan for effectiveness. The Council, through the Superintendent, must present annually to the Board an objective assessment of goal progress.