

**Sioux City Community School District
Board of Education
Blue Zones Project to Improve Well-Being and Economic Vitality
RESOLUTION**

Approved by the School Board on (date)
First reading by Wellness Council: (date)
Approved by the Wellness Council Chair: (date)
Approved by the Advisory Group: (date)
Effective date: (date; immediately; whatever is appropriate)

WHEREAS, it is the public schools responsibility to provide an environment where children are best positioned to learn; and

WHEREAS, children who have greater well-being learn better; and

WHEREAS, improving the overall well-being of the citizens of the city will improve productivity, lower healthcare costs, and improve the economy; and

WHEREAS, our children are, very literally, our future;

NOW, THEREFORE, BE IT RESOLVED THAT the Sioux City Community School District School Board, as stated in board policy 504.1 Nutrition and Physical Activity Wellness in the Schools, "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: maintaining high quality nutrition standards; and establishing regularly scheduled physical activity." We will continue to seek to improve the well-being of our staff, students, and families. We may leverage those things at which those in Blue Zones areas excel, and ensure that at least 25% of our schools get certified as Blue Zones Schools by June 2015, thus contributing to the well-being, productivity, and economic vitality of our community.

Through appropriate processes and by **June, 2015** our schools will formally consider adoption of the following items as outlined in the Blue Zones® School Pledge to achieve certification as a Blue Zones School™:

1. Establish a health-and-wellness council that meets regularly at the school.
2. Enforce a tobacco-free campus.
3. Encourage schools to use healthy food for fundraisers. As stated in board policy AR504.1 Nutrition and Physical Activity Wellness in the Schools, "In continuing support of children's health and school nutrition-education efforts, the school district sponsored fundraising activities that take place outside of the school day and not at before and after school programs are encouraged, but not required, to use ideas that promote physical activity and use of foods and beverages meeting the nutrition guidelines."

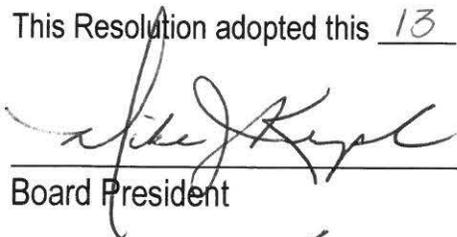
4. Limit vending machine access during the school day.
5. Schools will ensure that snacks provided by the District and/or School meet nutritional guidelines stated in board policy 504.1 Nutrition and Physical Activity Wellness in Schools. "Snacks served during the school day or in before and after school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, milk or 100 percent juice, as the primary beverage."
6. Redesign school lunchroom to nudge students into choosing healthier foods.
7. Update cafeteria equipment to support provision of healthier foods.
8. Make unhealthy food options, such as desserts and soft drinks, available for purchase with cash only – not debit cards.
9. Integrate physical activity into daily lesson plans outside of physical education class.
10. Incorporate nutrition education into the curriculum.
11. Do not use physical activity as punishment.
12. Require that students are physically active during the majority of time in physical education class.
13. Require 150 minutes per week (elementary schools) of physical activity for all students.
14. Require 20 minutes of recess daily for students in elementary school.
15. Offer recess before lunch (elementary school only).

PROGRAMS

1. Implement a Walking School Bus.
2. Create a Farm-to-School Program.
3. Plant and maintain a school garden.
4. Establish a Healthy Snack Cart Program (elementary school only).
5. Establish a program to help students interact with and research older adults (such as the Legacy Project found at bluezones.com for 4th through 8th graders).

This Resolution is approved by the Sioux City Community School District Board of Education in support of the Blue Zone Project to improve well-being and economic vitality in our school district.

This Resolution adopted this 13 day of May, 2013.



 Board President

5-13-2013

 Date



 Superintendent

5-13-2013

 Date