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2 Joint School District No. 2, Meridian

3
4 STUDENT PERSONNEL

5
6 Series 500

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8 Policy Title Wellness Code No. 504.70

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11 The board recognizes that childhood wellness is essential for academic success.
12 Research indicates that becoming physically active and maintaining a regular physical
13 activity program and access to nutritious foods reduces the risk of obesity and other
14 associated diseases. Therefore it is the policy of the board to:

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16 A. Provide students access to nutritious food choices;
17 B. Provide opportunities for physical activity and developmentally appropriate exercise;
18 C. Provide accurate information related to these topics; and
19 D. Encourage the development and implementation of wellness activities for students,
20 families and district employees.

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22 Joint School District No. 2 and the Board of Trustees will ensure that a comprehensive
23 district-wide wellness plan is implemented that includes goals for nutrition, health and
24 physical fitness, integrated within the sequential, comprehensive health education
25 curriculum, and coordinated with the district's nutrition and food services operation.

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27 The district shall take a proactive effort to both educate and encourage students to make
28 nutritious food choices. The superintendent or designee shall ensure that a variety of
29 healthy food choices are available whenever food is sold or served on district property or
30 at district-sponsored events. The school nutrition program will operate in accordance
31 with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and
32 applicable laws and regulations of Idaho. Schools will offer varied and nutritious food
33 choices that are consistent with the federal government's Dietary Guidelines for
34 Americans.

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36 The superintendent or designee will establish measures to evaluate the compliance and
37 implementation of the wellness policy and activities.

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39 Date of Revision:
40 05/09/06

Legal Reference: Code of Idaho
