

Wellness Policy Highlights for Schools

Our wellness policy is intended to promote healthy lifestyles by establishing guidelines and placing emphasis on district-wide programs and efforts designed to support overall wellness.

Wellness Policy Implementation:

- ◆ In each school, the building administrator or designee will support implementation of wellness policy & procedures

School Meals:

- ◆ FNSD will continue to work on improving nutritional quality, cultural relevance, student acceptance & including locally grown produce
- ◆ Allow at least 20 minutes for students to eat meals when possible
- ◆ Ensure water is available and accessible to all students at meal time and during the day

Classroom Snacks:

- ◆ Support dissemination of a list of recommended snacks to families developed by FNSD

Celebrations & Rewards:

- ◆ Encourage families to consider the nutritional quality of snacks donated for occasional parties & inform families that nutritional content information is required
- ◆ Food or candy will not be used as a reward for attendance, behavior or performance

Fundraising:

- ◆ Encourage healthy, non-food fundraisers. Ensure that fundraisers where food is sold take place after meals are served.

Nutrition/Garden Education & Promotion:

- ◆ Encourage & promote healthy eating & physical activity
- ◆ Participate in nutrition education if offered and/or integrate nutrition & garden education into the classroom

Food Security:

- ◆ Support community partnerships such as the Backpack Program

Physical Education:

- ◆ Physical Education will be required, led by certified teachers and aligned with established state PE standards

Recess:

- ◆ Offer at least 20 minutes of recess time daily when possible
- ◆ Schedule recess before lunch when possible
- ◆ Recess should not be taken away unless there is a safety reason
- ◆ Outdoor recess should take place unless the temp is below 15 (including wind chill) or above 97 (including heat index) or if conditions are deemed unsuitable due to rain, snow, sleet, or ice.

Classroom Activity:

- ◆ Incorporate movement into the classroom through movement breaks and active academics

Active Transport:

- ◆ Encourage participation in Safe Routes to School to promote walking, biking, and active commuting to school

Staff Wellness:

- ◆ Promote & support staff wellness (mindful moments, healthy snacks at meetings, etc.)

Health Screenings:

- ◆ Collect screening data and make information available to families upon request

Recycling & Sustainability:

- ◆ Work with city departments to strengthen recycling and sustainability efforts

Social Emotional Learning:

- ◆ Support implementation of Second Step and on-going PD around SEL