

1 **St. Regis School District**

2
3 **INSTRUCTION**

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5 School Wellness

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7 The St. Regis School District is committed to providing school environments that
8 promote and protect children’s health, well-being, and ability to learn by supporting
9 healthy eating and physical activity. Therefore, it is the policy of the St. Regis School
10 District that:

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- 12 • The school district will engage students, parents, teachers, food service
13 professionals, health professionals, and other interested community members in
14 developing, implementing, monitoring, and reviewing district-wide nutrition and
15 physical activity policies and procedures.
 - 16 • All students in grades K-12 will have opportunities, support, and encouragement
17 to be physically active on a regular basis.
 - 18 • Foods and beverages served at school will meet the nutrition recommendations of
19 the *Federal Nutrition Guidelines*.
 - 20 • Qualified child nutrition professionals will provide students with access to a
21 variety of affordable, nutritious, and appealing foods that meet the health and
22 nutrition needs of students; will accommodate the religious, ethnic, and cultural
23 diversity of the student body in meal planning; and will provide clean, safe, and
24 pleasant settings and adequate time for students to eat.
 - 25 • To the maximum extent practicable, all schools in our district will participate in
26 available federal school meal programs (including the School Breakfast Program,
27 National School Lunch Program [including after-school snacks]).
 - 28 • Schools will provide nutrition education and physical education to foster lifelong
29 habits of healthy eating and physical activity, and will establish linkages between
30 health education and school meal programs, and with related community services.
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32 The Superintendent or his/her designee will develop procedures based on the following
33 five (5) areas of requirement.

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- 35 a. Nutrition Education Goals Developed by the “CATCH” Program (Coordinated
36 Approach to Child Health).
 - 37 b. Physical Activity Goals Developed by the “CATCH” Program.
 - 38 c. Nutrition Standards for all Foods and Beverages in line with the Federal
39 Guidelines.
 - 40 d. Other School-Based Wellness Activities, such as;
 - 41 • Student Health Enhancement
 - 42 • Staff/Community Wellness
 - 43 e. Governance and Evaluation as Established by the Wellness Committee.
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45 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization
46 Act of 2004

47 Policy History:

48 Adopted on: March 8, 2006

49 Revised on: