

SCHOOL WELLNESS

The Stanley-Boyd Area Schools promotes a healthy school environment for students and staff through education and awareness, and by providing and promoting healthy options and opportunities.

Health Curriculum:

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. Wellness topics covered will include eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and food sensitivities.

Physical Education Curriculum:

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. Students receive instruction in cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition. Included in the instruction will be proper diet and healthy eating habits.

Classrooms:

It is recommended that all classroom incentives and treats brought by students should adhere to the expectations of this policy. In specific, these items must be low calorie, low fat items which should be considered “healthy choices.”

Food Service Program:

The food service department will promote healthy meals and meal alternatives as part of the educational learning environment.

- All meals offered through the lunch and breakfast programs will meet all U.S. Government Nutritional Standards.
- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- The District shall serve complete, balanced meals following current USDA guidelines.

Vending Machines:

All vending machines within the District will include only healthy lifestyle choices and shall adhere to all the requirements found in this policy.

- The vending of soda or artificially sweetened drinks containing less than 10% real fruit or vegetable juice will be prohibited before and during the instructional day.
- Water may be vended without limitations.
- Low-fat and Fat Free milk, and 100% real fruit or vegetable juice with no added sweeteners may be vended at any time in sizes not to exceed 12 ounces.
- The vending of candy will be prohibited. Candy is defined as any item that contains sugar (including brown sugar, sweetener, syrups, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, or table sugar listed as one of the first two (2) ingredients.

Fundraising/School Store:

All fundraising within the District shall include only healthy lifestyle choices and shall adhere to all the requirements found in this policy.

- All fundraising proposals must be pre-approved by administration as stated in the fundraising policy.
- Beginning July 1, 2014, all foods sold in school will follow the “Smart Snacks” guidelines as put forth by the USDA.

Concessions:

The District encourages healthy lifestyle choices and expects that all staff operating concessions will promote those same healthy choices and options.

Stanley-Boyd schools will be “nut-aware” due to federal regulations regarding food service programs and the awareness of students and/or staff with nut allergies. Parents are asked not to send any nut products to school in your child’s lunch or as classroom treats or snacks. Parents’ assistance in the health and safety of all students and staff is appreciated.

Date of Adoption:

March 24, 2014

Revised:

May 26, 2014