

## **Region 9 School of Applied Technology**

### **WELLNESS**

Region 9 recognizes the importance of physical and psychological health, and acknowledges the relationship between personal wellness and academic performance. Additionally, Region 9 believes that students who practice healthy lifestyles in their formative years are more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes and other chronic diseases. The practice of healthy choices by positive role models has a direct impact on students by inspiring continued healthy lifestyle choices. Region 9 is committed to providing a school environment that promotes and protects student health, well being and fosters the development of lifelong learning and wellness practices. Region 9's Policy Committee and Cooperative Board will provide an ongoing review and evaluation of the Wellness Policy. The Director and his/her designee/s will ensure compliance and implementation with the school's Wellness Policy.

Relevant professional development will be provided for school staff.

### **NUTRITION STANDARDS**

Region 9 will require that the provider of our lunches will ensure that meals provided by their Food Services Program meet or exceed the nutrition standards established by federal and state regulations (1) and will encourage maximum participation in school meal programs. This policy serves as assurance (2) that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act. To the extent possible, school meals shall include adequate time for eating, should be scheduled at appropriate times, will include access to free drinking water, and will provide student access to hand washing and/or sanitizing.

#### **Free and Reduced-priced Meals**

Region 9 will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, Region 9 will provide meals at no charge to all eligible students, promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" for students who participate in off site school related programs.

#### **Meal Times and Scheduling – Region 9 Will**

Provide adequate time for lunch.

Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 AM and 1 PM with the exception of early release days where lunch may be served earlier.

Encourage hand washing or use of hand sanitizer where available.

**Qualifications of School Food Service Staff**

Region 9 will work with our lunch provider to ensure a certified school food service professional administers the food service program. As part of the school's responsibility to operate a food service program, Region 9 will provide (according to levels of responsibility) professional development for all food service personnel.

**Nutrition Education**

Region 9 recognizes the importance of nutrition education and will, to the extent possible, support the curriculum of our sending high schools within our Career and Technical Programs.

**Physical Activity Opportunities and Physical Education**

Region 9 recognizes the importance of physical activities and physical education and will, to the extent possible, support the curriculum of our sending high schools within our Career and Technical Programs.

**Staff and Student Wellness**

Region 9 highly values the health and well being of every staff member and student and will plan and implement activities and policies that support personal efforts to maintain a healthy lifestyle.

1<sup>st</sup> Reading: June 6, 2012

2<sup>nd</sup> Reading: July 11, 2012

Adopted: July 11, 2012

Revised: