

WELLNESS

[Note: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]

GENERAL STATEMENT OF POLICY**I. GENERAL GUIDELINES**

The St. Cloud Area School District 742 is committed to providing a healthy school environment that promotes and protects students’ health, well-being, and ability to learn by supporting a healthy lifestyle.

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students’ health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, nutritional service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive and achieve academic success.
- E. All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified Nutritional Services personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural

diversity of the student body in menu planning; and will provide a clean, safe, and pleasant environment with adequate time for students to eat.

*St. Cloud Area School District 742
628 Roosevelt Road
St. Cloud, MN 56301*

Board Policy
Adopted: June 29, 2006