

## PERSONNEL – CERTIFIED/NON-CERTIFIED

### Wellness

The Regional District 13 Board of Education recognized the importance of promoting good student/staff nutrition and a healthy school environment. To this end, the Board authorized the administration to develop an integrated nutrition program to provide students/staff with the skills and support to adopt healthy eating behaviors, obtain positive nutritional status and achieve improved academic success.

Additionally, the District shall take the appropriate measures to implement a comprehensive nutrition/health curriculum, promote healthful student eating through the provision of a well-balanced and nutritionally sound school lunch program, promote the consumption of appropriate portions of healthy foods and beverages at designated times in classrooms, and encourage increased physical activity for students during and after the school day, where appropriate.

Regional District 13 is determined to create a healthful environment for our students and staff members. With a collaboration of health, physical education, support services and food services, we believe that we can educate our community to make healthy and positive choices regarding physical activity and nutrition.

The school administration and nutrition committee shall develop guidelines indicating a plan of action for implementing this policy.

#### Legal References:

Federal Law: Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. 108-265  
Section 204 Child Nutrition Act Section 10(a)-(b), codified at 42 U.S.C.  
Section 1799

Richard B. Russell National School Lunch Act Section 9(f)(1) and Section  
17 (a), codified at 42 U.S.C. Section 1758(f)(1) and 42 U.S.C. Section  
1766

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Policy Reviewed: January 11, 2011