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3 **INSTRUCTION**

4
5 School Wellness

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7 The Colstrip School District is committed to providing school environments that promote and protect
8 children’s health, well-being, and ability to learn, by supporting healthy eating and physical activity
9 according to the recommendations of the *U.S. Dietary Guidelines for Americans*. Therefore, it is the
10 policy of the Colstrip School District that:

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- 12 • The School District will engage students, parents, teachers (especially teachers of physical
- 13 education), food service professionals, school health professionals, and other interested
- 14 community members in developing, implementing, monitoring, and reviewing District-wide
- 15 nutrition and physical activity policies and procedures.
- 16 • All students in grades K-12 will have opportunities, support, and encouragement to be physically
- 17 active on a regular basis.
- 18 • The School District will inform and update the public (including parents, students, and others in
- 19 the community) about the content and implementation of the local wellness
- 20 policies. The District will also measure periodically and make available to the public an
- 21 assessment of the local wellness policy, including:
 - 22 • The extent to which schools are in compliance with the local wellness policy;
 - 23 • The extent to which the LEA’s local wellness policy compares to model local school
 - 24 wellness policies; and
 - 25 • The progress made in attaining the goals of the local wellness policy.
- 26 • Qualified child nutrition professionals will provide students with access to a variety of affordable,
- 27 nutritious, and appealing foods which meet the health and nutrition needs of students.
- 28 • To the maximum extent practicable, all schools in the District will participate in available federal
- 29 school meal programs, including the School Breakfast Program and the National School Lunch
- 30 Program (including after-school snacks).
- 31 • Schools will provide nutrition education and physical education to foster lifelong habits of
- 32 healthy eating and physical activity and will establish linkages between health education and
- 33 school meal programs and with related community services.

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35 The Superintendent or his/her designee will develop procedures based on the following five (5) areas of
36 requirement:

- 37 1. Nutrition Education Goals
- 38 2. Physical Activity Goals
- 39 3. Nutrition Standards for All Foods and Beverages
- 40 4. Other School-Based Wellness Activities
- 41 5. Governance and Evaluation

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43 Legal Reference P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004

44 Policy History:

45 Adopted on: 06/12/06
46 Reviewed on: 10/8/2018
47 Revised on: 04/08/13