

## **ALEXANDER SCHOOL DISTRICT'S**

### **WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION**

The Alexander Local School District ("The District") is committed to providing school environments that promote and protect children's health, well being and ability to learn by supporting healthy eating and physical activity. In accordance with legislation (42 U.S.C. 1751-Sec. 204) mandating that the school district institute a wellness policy by the commencement of the 2006-2007 school year, the wellness policy for Alexander School District follows:

1. The District directs the superintendent to create an Alexander Local School District Health Team ("Alexander Health Team") comprised of students, parents, teachers, school administrators, school board members, school food service representatives, health professionals and community members. The Alexander Health Team will develop, implement, monitor and review district wide nutrition and physical activity policies and plans.
2. The District will provide all students in grades PreK-12 and staff with the opportunities, encouragement and support to be physically active on a regular basis.
3. Food and beverages sold and served within The District will meet or exceed the nutrition recommendations designated by and between the schools' administration and the Alexander Health Team with the objectives of promoting student health and reducing childhood obesity.
4. The District will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition need of students.
5. The District will accommodate special dietary needs of students in meal planning and provide adequate time for students to eat in clean, safe and pleasant settings.
6. The District's schools will participate in available federal school meal programs to the maximum extent that is practical. The federal school programs include: School Breakfast Program, National School Lunch Program that incorporates after-school snack, Summer Food Service Program, Fruit and Vegetable Snack Program and Child and Adult Care Food Program that includes suppers.
7. The District will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity in each school.
8. The District will establish linkages between health education, nutritional education, the schools' meal programs and related community services.