

# CLEAR FORK VALLEY LOCAL SCHOOLS WELLNESS POLICY

The Clear Fork Valley Local School District Board of Education is committed to providing a school environment that enhances learning and development of lifelong health and wellness practices.

- The Board has a responsibility through the food service program to encourage students to form healthful eating habits and enforces the standards governing the types of food sold in the schools and the time and place at which each type of food is sold. Reimbursable School Meals comply with federal, state, and local requirements and are accessible to all children. (see food sale standards policy)
  
- Students receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.
  - Nutrition education is offered in the school cafeteria and in classrooms.
  - Curriculum standards include nutrition education and physical education.
  
- Students have opportunities, support, and encouragement to be physically active on a regular basis.
  - Elementary school students have recess each day.
  - Students have opportunity to be physically active at school in ways other than PE class.
  - Physical Education is part of the school curriculum as required by state and national standards and is taught by credentialed teachers.
  - Each school provides a physical and social environment that encourages safe and enjoyable activity for all students.
  - School physical activity facilities are available to students and community members to use outside of the school day.
  
- The school environment provides a consistent wellness message and is conducive to healthy eating and physical activity.
  - Students are given adequate time to eat meals at school.
  - Lunch periods are scheduled as close to the middle of the day as possible.

- Cafeterias provide adequate service to minimize the amount of time that students spend standing in line.
- Cafeterias have adequate seating for all students.
- Drinking water is available to all students during meal periods.

The food service director (or other designee assigned by the superintendent) will review the wellness policy no less than annually.