



# Wellness Action Plan - AR 2.7(d)(3)

## **Purpose**

The District is committed to fostering holistic growth and development for every student and one of its initiatives is to improve student success and well-being by creating and fostering a culture of wellness that results in healthy behaviors among students, staff, and the district's community.

The District is committed to student wellness as a vital component of its educational program and in doing so believes the following:

1. Students need healthy food and opportunities to be physically active in safe, clean, and hygienic schools;
2. Good health fosters student attendance and achievement;
3. A strong district wellness plan has a positive, lasting effect on students, faculty, and staff;
4. Community participation is essential in the development and implementation of a successful wellness program;
5. Students should receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
6. Students should have opportunities to be physically active before, during and after school;

## **Scope**

The Executive Director of Operations shall develop and maintain a Wellness Plan for detailed guidance and support of the District's goals for wellness. The Plan shall:

- include all elements required by any applicable law or regulation (including the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010);
- be developed in accordance with procedures set forth below; and
- be consistent with written policies and regulations of the District.

## **Oversight**

The Superintendent designates the Executive Director of Operations as the District's "Wellness Advocate." This designee is responsible for the updates and management of the Wellness Plan which includes developing and revising the plan, monitoring compliance with it, and assessing progress toward its goals.



---

## Wellness Team

The Wellness Advocate shall establish a District “Wellness Team” that meets at least four times per year to develop recommendations regarding the Wellness Plan. The Wellness Advocate shall consult with the Wellness Team on all aspects of the plan, including its development and implementation and any revisions.

The Wellness Plan shall establish rules for the composition and functioning of the Wellness Team. While preserving appropriate flexibility, the rules should ensure representation from a broad array of stakeholders including students, parents, health and nutrition professionals, physical education and health instructors, and school administrators.

At a minimum, the Wellness Plan shall include enforceable requirements and specific, measurable goals.

## Nutrition Standards

The District shall serve foods and beverages that meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

The District shall provide rules and guidance for all food and beverages sold to students on campus during the school day, snacks, food rewards, and fundraisers.

## Nutrition Education

To the extent possible, schools will incorporate nutrition education into the curriculum at all levels according to state standards.

## Nutrition Promotion

The District shall provide guidance and rules for food and beverage marketing on campus.

## Farm to School

To the extent possible, the District will support the integration of goals and practices from the Farm-to School program.



---

## Physical Activity

Schools shall provide students in grades PreK-12 with opportunities, support, and encouragement to engage in physical activity on a regular basis.

## Safe Routes to School

The District shall work with the Decatur Active Living department to promote the “Safe Routes to School Program”

## School Environment

Schools shall provide safe, clean, and hygienic restrooms.

## Plan Evaluation and Assessment

The Wellness Advocate shall prepare a report assessing the District’s compliance with the Wellness Plan at least once every three years. The report shall be distributed by means reasonably calculated to reach interested stakeholders. The report must measure implementation of the Wellness Plan and include the following at a minimum:

- As assessment of the extent to which schools are in compliance with the Wellness Plan;
- An assessment of the extent to which the Wellness Plan compares to model local school wellness policies;
- A description of the progress made in attaining the goals of the Wellness Plan;
- Proposed updates to the Wellness Plan based on the assessment;

The Wellness Advocate shall maintain records to document compliance with the Wellness Plan and this Administrative Regulation. Records that must be retained to ensure compliance include:

- Written copies of the Wellness Plan and any revisions.
- Documentation demonstrating compliance with community involvement requirements, including the requirement to make annual reports and triennial assessments available to the public.
- Documentation of the triennial assessment of the Wellness Plan for each school.

Questions about this regulation should be directed to the Executive Director of Operations.

---



## City Schools of Decatur Administrative Regulation

---

**DRAFT**

*Related Board Policy: 2.7(d)(3)*

*Public Review and Feedback: 11/14/18 - 12/14/18*

*Approved by Cabinet: PENDING*