

Meadowlark Academy
BOARD OF EDUCATION POLICY

CODE: EFA

HEALTH & WELLNESS

The District is committed to the optimal development of every student and believes that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental and social success.

Guidelines established by the U.S. Department of Agriculture (USDA) for reimbursable school meals as well as competitive foods and beverages available & advertised during the school day will be followed to ensure that the District offers school meals and snacks meeting the nutrition standards. This includes food and beverages sold in a la carte sales, vending machines, student stores, and food and beverages used for classroom snacks, rewards, parties, and fundraising efforts. Sponsorships and/or contracts that include the marketing of food and beverages will follow the USDA's regulations for school wellness policies.

The District will work with members of the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators), as well as the general public to create a wellness advisory committee.

The committee will recommend changes to wellness goals, as needed, and assist the superintendent, or designee, with both the implementation, compliance, and annual review of the wellness policy.

Nutrition Education & Promotion Goal

1. All students K-12 shall receive nutrition education that teaches the knowledge, skills and values necessary to make healthy eating choices and is aligned with the Wyoming Health Education Content and Performance Standards.

Physical Activity Goal

1. All students K-12 shall receive physical education that teaches the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity and is aligned with the Wyoming Physical Education Content and Performance Standards.

Other School-Based Activities that Promote Student Wellness Goal

1. All students K-12 shall receive health education that provides the foundation for leading healthy, productive lives and is aligned with the Wyoming Health Education Content and Performance Standards.

The District must conduct an assessment of the wellness policy to be shared publicly every three years, at a minimum. This assessment determines:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy