

School Wellness Plan

The Centralia City School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children and staff can learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes students' performance potential and ensures that no child is left behind. The district also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This plan encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness goals.
- All food and beverages made available on campus (including vending, concessions, parties, and fundraising) during school activities are consistent with the current Dietary Guidelines for Americans.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- All food made available on campus adhere to food safety and security guidelines.

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The district will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- Nutrition services shall support classroom activities for all elementary and middle school students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- Classroom snacks shall feature healthy choices.
- Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

- Foods available on school campus will comply with the current USDA Dietary Guidelines for Americans.
 - * Vending machines
 - * Fundraisers
 - * Concession stands
 - * School Parties/Celebrations
- Foods and beverages sold at fundraisers shall include healthy choices and provide age appropriate selections for elementary and middle schools.
- Vending machines within the district shall be revised at the earliest opportunity to offer water and other healthy choice alternatives.
- Food safety will be a key part of the school food service.
- Rewards, in addition to food items, shall be offered for positive student behavior.

Lunchroom Climate

The lunchroom environment provides students with a relaxed enjoyable climate.

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Cafeterias include enough serving areas so that students do not have to spend a large amount of time waiting in line.
- Drinking water is available for students at meals.
- Convenient access to hand-washing facilities before meals.

Nutrition Education

Healthy living skills shall be taught as a part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skill related to health promotion and disease prevention.

- Each building shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and our district's curriculum map.
- Nutrition education will be integrated into other areas of the curriculum such as science, language arts, and social studies.
- Students shall be taught communication, goal setting and decision making skills that enhance personal and family health.
- School staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district will provide information to families that encourage them to teach their children about health and nutrition.

Physical Activity

All students enrolled pre-kindergarten through eight grade, including students with disabling conditions and those in alternative education programs, shall participate in daily physical education for the entire year. The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles.

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- The district will ensure that state-certified physical education instructors are employed to teach all physical education classes.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Physical education actively teaches cooperation, fair play, and responsible participation in the activity. Teachers shall aim to develop student's self-confidence and maintain psychological environment free of embarrassment, humiliation, or harassment of any kind.
- Adequate equipment is available for all students to participate in physical activity.
- Physical activity facilities on school grounds will be safe.
- Students in the elementary grades shall participate in physical education for a least 150 minutes during each school week and students in the middle school shall participate for at least 225 minutes per week.
- The district will provide a daily recess period.
- Information will be provided to family to help them incorporate physical activity in their child's lives.
- The district will encourage students and community members to use the school's physical activity facilities outside the normal school day.
- Faculty and staff are offered and encouraged to participate in a free membership at the local recreation complex each year.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

Health and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- School buildings and grounds, structures, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- Schools and district offices and grounds shall maintain an environment that is free of tobacco, alcohol and other drugs, including non-school hours.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

- Each work site, school and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- Each building shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed and links them to school or community resources.
- Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- Pest management control program is designed to prevent pest infestations and minimize exposure to pesticides in all school buildings and school grounds.

Monitoring and Plan Review

- The district superintendent will ensure compliance with established district-wide nutrition and physical activity wellness plan.
- The principal will ensure compliance with the plan in his/her school and will report on the school's compliance to the school district superintendent.
- The school food service staff, at the district level, will ensure compliance with nutrition plan within the school food service areas and will report on this matter to the superintendent.
- The superintendent will conduct or appoint a school-based evaluation team to develop and implement an annual evaluation plan. The evaluation team shall evaluate the plan implementation and identify areas for improvement.
- The superintendent or evaluation team shall report to the school board annually on the progress of the wellness plan and recommend to the district any revisions to the plan it deems necessary.