

	<p>STUDENT WELLNESS</p>	<p>Policy No. 3405</p> <p>October 7, 2015</p> <p>Page 1 of 2</p>
---	-------------------------	--

The Seattle School Board is committed to the optimal development of every student. The Board believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research clearly indicates tremendous inequities in access to healthy food and opportunities for physical activity in our community. It is the imperative and intention of Seattle Public Schools to mitigate these disparities by providing equitable access to healthy food and physical activity across all Seattle schools. It is the imperative and intention of Seattle Public Schools to mitigate these health and educational disparities by acknowledging where disparities exist within the district and devising plans of action to address, prevent and thus reverse those disparities. Children who eat well-balanced meals and engage in physical activity throughout the school day are generally healthier and more likely to be academically successful. To clarify the district’s role in supporting students, the following core wellness beliefs are adopted:

- Students have equitable access to healthy foods and potable water throughout the school day—both through reimbursable school meals and other foods available throughout the school campus that meet or exceed Federal and state nutrition standards;
- Students are given adequate time to obtain and consume meals in an environment that encourages healthy eating;
- Students receive quality evidence-based health education, physical education, and nutrition education allowing them to develop lifelong healthy behaviors;
- Students have adequate opportunities to be physically active before, during, and after school, including adequate recess and regular physical activity breaks;
- Students are provided equitable opportunities for physical activity with appropriate accommodations and modifications to school meals, nutrition education, physical education and physical activity;
- Foods that do not meet USDA Smart Snacks standards are not marketed or sold on school grounds during the school day;

- School staff are encouraged to promote healthy nutrition and support physical activity; including not using food as a reward, scheduling recess before lunch, and practicing healthy celebrations;
- Each school should incorporate a Wellness Goal in their Comprehensive School Improvement Plan (CSIP)

The Superintendent or his or her designee is authorized to develop procedures and guidelines to implement this policy. The general public and school community will be involved in the periodic review, implementation, and update of this policy.

Adopted: October 2015

Revised:

Cross Reference: Policy Nos. 0030; 2180; 2185; D140.00; D140.01; 4237; 6700; H61.00; H61.01

Related Superintendent Procedure: 2180SP; 6700SP

Previous Policies:

Legal References:

Management Resources: USDA Wellness Policy