

This is a copy of the highly successful Wellness Policy that has been adopted by the Katonah-Lewisboro School District. This guideline has served as a model for other school districts to help them create and adopt similar polices.

School Wellness Policy for the Katonah-Lewisboro School District

WHEREAS the Katonah-Lewisboro School District recognizes the positive benefits of physical activity, nutrition, physical education, healthy food choices and their impact on academic achievement; and

WHEREAS the Board of Education is committed to wellness as a priority for all members of the school community to help ensure the health and well-being of each student in the District,

THEREFORE, BE IT RESOLVED, THAT:

- A. The District will create an environment that supports healthy eating habits, physical education/physical activity and nutrition education by:
 1. Improving the nutritional quality of all foods served to District students- in the cafeteria, at school-sponsored events, as part of fundraising activities, as classroom rewards, at school celebrations, and as in-class or after-school snacks by taking the following actions:
 - a. Increasing whole foods (whole grains and fresh, locally-grown and/or organic fruits and vegetables, to the greatest extent possible);
 - b. Lowering refined sugar;
 - c. Eliminating trans fats;
 - d. Eliminating the use and/or sale of highly-processed products; and
 - e. Eliminating foods of low nutritional value in vending machines and replacing them with more nutritious foods.
 2. Increasing the variety of nutritional options and eliminating less nutritional offerings.
 3. Creating an inter disciplinary approach to nutrition, health, and physical education physical activity that cuts across all academic disciplines, integrating physical activity within the school curriculum and creating links to the food service program.
 4. Providing a nutrition education program and a physical education program to K-12 students that supports and encourages healthy lifestyle.
- B. The District is committed to:
 1. Maintaining the financial stability of its food service program and ensuring that an appropriately priced lunch is available for all students.
 2. Re-evaluating the cost effectiveness of the National School Lunch Program after the nutritional guidelines set forth in the Wellness Policy have been implemented.
- C. The Superintendent of Schools is hereby directed to develop procedures to (i) implement this policy, (ii) to oversee an annual evaluation to assess the effects of this policy, and (iii) to report the results of said evaluations to the Board of Education. To that end, a District Wellness Committee, which consists of parents, students, a representative of the school food service, a member of the school board, school administrators, teachers, and school nurses, shall be formed and shall be charged with further developing the District's Wellness Policy, under the direction of the Superintendent or his designee, by creating a comprehensive and clearly articulated action plan that further addresses the following topics on an annual basis:
 - Nutritional Quality of Foods and Beverages Served and Sold in School;
 - Nutrition and Physical Activity Promotion and Food Marketing, including Family and Community Involvement and Staff Wellness
 - Physical Activity Opportunities and Physical Education; and
 - Other School-Based Activities Designed to Promote Student Wellness, including School-Based Learning Experiences and Waste Reduction.