

**SPRINGFIELD-CLARK COUNTY JOINT VOCATIONAL SCHOOL
DISTRICT BOARD OF EDUCATION**

WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Springfield-Clark Career Technology Center.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 - 1. Display nutrition education posters, such as the Food Pyramid Guide, in the cafeteria.
 - 2. Make available to students nutritional information for food choices sold in the cafeteria.
 - 3. Share SCCTC's Wellness Goals with parents and students during orientation.

- B. With regard to physical activity, the District shall:
 - 1. Encourage students to complete state standards in Physical Education.
 - 2. Encourage students to participate in physical activity while attending SCCTC.
 - 3. Provide students with an outside area to use for physical activity.

- C. With regard to other school-based activities, the District shall:
 - 1. Provide an attractive and clean environment in which students eat.
 - 2. Provide at least 30 minutes daily for students to eat.

3. Not schedule meetings involving students during lunch, unless students may eat during those meetings.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

1. Wellness publications/information will be given to students.
2. Structure activities will be available to promote student wellness.
3. My.pyramid.com will be available for students to utilize to monitor personal wellness efforts.

The Board designates the building directors as individuals charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every year, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771

Approved by the Springfield-Clark County JVSD Board on June 26, 2006