

## Student Wellness Policy

The St. Clair County Regional Office of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment.

The ROE 50 AEC Safe School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, AEC Safe School will contribute to the basic health status of students. Improved health optimizes student performance potential.

The ROE 50 AEC Safe School provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. Students attending shall receive nutrition education through curriculum. It will provide students with the knowledge and skills to adopt healthy eating behaviors and be aimed at influencing students' knowledge, attitudes and eating habits. Our school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The ROE 50 AEC Safe School supports and promotes dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the nutrition and standards set by the federal, state and local guidelines. Foods should be selected and served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals that are consistent with the current Dietary Guidelines for Americans and Food Guidance System.

The ROE 50 AEC Safe School will make every effort to eliminate any social stigma attached to and prevent the identification of students who are eligible for free and reduced-price meals and promote the availability of meals to all students. All meals will meet the nutrition requirements and regulations for the National School Lunch/Breakfast Program.

The ROE 50 AEC Safe School will develop a local wellness policy committee consisting of the St. Clair County Regional Office of Education Superintendent, representatives in school food authority, school administrators, teachers, parents and students. This committee will develop a plan to implement and monitor the effectiveness of the wellness policy. Any suggestions or comments concerning the development, implementation and improvement of the policy is welcome. Review of the wellness policy will be conducted annually.

Adopted: 8/01/19