

## **University Laboratory School (ULS) Wellness Policy**

### **Introduction**

The University Laboratory School (ULS) believes that the intellectual, social, emotional and physical development of each student is enhanced by healthy nutrition and physical activity. Our school is committed to promoting and protecting students' health, well-being, and ability to learn by encouraging lifelong habits of healthy eating and physical activity.

A committee of students, parents and staff of ULS will be responsible for implementing and periodically revising the school's wellness policy. This wellness policy should be reviewed and/or revised by the ULS wellness committee at least once a year.

#### **1. Physical Activity**

All students in grades K-12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability, and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes and recess, will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity.

Recess is a valuable part of elementary education. The amount of recess lost due to student discipline should be minimized. Recess will include many age-appropriate options for participating in active games and physical activities. Opportunities for all students to participate in extra-curricular and intramural sports and non-traditional physical activities will be maximized.

Guidance counselors will encourage students to participate in physical activity.

#### **2. Nutrition Education**

Nutrition education will emphasize the relationship of a balanced diet and regular exercise to good health, and will stress the importance of adopting a healthy lifestyle.

Ongoing professional development will be provided to inform teachers about current nutrition information. School personnel will strive to model good nutrition. Nutrition information will be shared with parents to encourage them to provide nutritional foods for their children.

### 3. Food and Beverage Provided by School

Student nutrition services and all other food and beverage venues will offer a variety of affordable, nutritious food and beverages that meet the health and nutrition needs of students.

Food and beverage provided by the school during the school day will meet healthy food and beverage guidelines as defined by administrative regulation. The regulation may include a timeline for phasing in implementation and will address specific issues such as dehydration, Vitamin D deficiency in winter, and special dietary needs.

The district's breakfast and lunch program will continue to meet or exceed the nutritional criteria of the School Meals Initiative. If a la carte foods are available, they will include a variety of choices of nutritious foods, such as fruit, vegetables, whole grain and low-fat or non-fat dairy food.

Schools will provide clean and safe eating environments, as well as adequate time and space to eat breakfast and lunch. Drinking water and hand-washing facilities should be conveniently available at all times. Using food as a reward will be discouraged.

A list of healthy classroom snacks and party and fund-raising ideas will be disseminated to parents and teachers.

### 4. Other School-Based Activities

Schools will actively develop and support the engagement of students, families, and community partners in providing and participating in healthy school-based activities for students, including after-school activities.

The district will actively promote healthy eating choices and physical activity through websites, newsletters, posters, and at school. Schools will provide information to families on how children can be safe and healthy in outdoor environments, including winter survival information.

The district will encourage involvement by students traditionally under-represented in student activities and will solicit and honor student input whenever possible.

Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including a diverse selection of competitive and noncompetitive, structured and non-structured activities.