

Ives School

Wellness Meeting Agenda

Date: January 26, 2022

Time: 9:00 am

Location: 2nd Floor conference room above fishbowl

What is a School Wellness Policy?

A local school wellness policy ("wellness policy") is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

Agenda:

- Policy Review/ Assessment
- Assess current policy and review proposed policy
- Ensuring that policy meets all requirements
- Nutrition/Recipes
- Exercise Tips
- Wellness activities, nature walks, meditation, fitness programs
- Triennial assessment
- Date for next meeting