

Wellness Policy (Board Policy ~ adopted 11/14/06)

A mission of Tower School is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health when providing services to students in its own school programs, to be generally consistent with that in place in the schools from which students, served by ESU #1 are enrolled. Therefore, the Board adopts the following School Wellness Policy applicable to any school program in which the services are provided by ESU #1 in a school-setting other than within a school district served by ESU #1.

1. Goals to Promote Student Wellness

Tower School has established the following student wellness goals that are designed to promote student wellness in a manner that Tower School determines to be appropriate:

- Nutrition Education. To implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.
- Physical Activity. To implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education.
- Other School Activities. To offer other suitable opportunities for students to engage in health-promoting activities.

The ESU #1 Administrator or designee shall establish such further goals as are determined appropriate to meet the stated mission.

2. Nutrition Guidelines

Nutrition guidelines have been selected by Tower School for all foods available to students during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines are as follows: (1) any school lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for lunch and lasting until one-half hour after the serving of lunch. The ESU #1 Administrator or designee shall establish such further nutrition guidelines as are determined appropriate to meet the stated mission.

3. Assurance for Reimbursable School Meals

Tower School gives the assurance that the school's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to Tower School.

4. Plan for Measuring Implementation and Designation of Responsible Persons

The ESU #1 Administrator or designee is charged with operational responsibility for ensuring that Tower School meets the Wellness Policy. The ESU #1 Administrator or designee shall measure implementation of the Wellness Policy by conducting periodic reviews or receiving periodic reports.

Due to the unique nature of Tower School, it is understood that all students have an Individualized Education Plan (IEP), which will provide the basis for the Wellness Policy guidelines.

5. Development of Policy

Tower School assures that development of the Wellness Policy involved parents, students, representatives of the school's nutrition services department, the ESU #1 Board, ESU #1 Administrators, and the public.