

**WELLNESS**

Topeka Public Schools is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Topeka Public Schools that the following wellness guidelines will be implemented by the superintendent or his/her designee as specified in the Kansas State Department of Education's Wellness Policy Report for each school level:

- A. Input will be sought from students, parents, teachers, food service professionals, health professionals and other interested community members when developing and implementing district-wide nutrition and physical activity policies.
- B. Students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- C. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- D. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students.
- E. Students will be provided with adequate time to eat in settings that are clean and safe.
- F. To the maximum extent practicable, all schools in our district will participate in available federal school nutrition programs.
- G. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.

The Board of Education recognizes walking, bicycling, and other forms of active transport to school promote students' physical activity and reduce vehicle traffic and air pollution in the vicinity of schools. As part of the district's coordinated approach to supporting student wellness and safety, the superintendent or his or her designee shall develop and implement strategies that allow building administrators to establish and promote safe routes to school program activities. Strategies shall be based on the grade levels of the students and an assessment of the conditions and needs of each school and the surrounding neighborhoods. The superintendent or designee shall explore the availability of grant funds and other sources of funding to support related projects and activities. The superintendent shall periodically report to the Board on the implementation of program activities and progress toward program goals.

Enforcement of this policy shall be the responsibility of the superintendent of schools or his/her designee and his/her determination of the adequacy of any study, report, course, curriculum, opportunity or other requirement of this policy shall be final.

Wellness programs and activities for students shall comply with this policy and Policy No. 2460 and accompanying regulations.