



IN THE GENERAL ASSEMBLY STATE OF \_\_\_\_\_

**Healthy Schools Act**

1 Be it enacted by the People of the State of \_\_\_\_\_, represented in the General  
2 Assembly:

3 **Section 1. Title.** This act shall be known as and may be cited as the “Healthy Schools Act.”

4 **Section 2. Purposes.** The Legislature hereby finds and declares that:

5 (a) The Legislature recognizes that good nutrition and regular physical activity affect the  
6 health and well-being of students who attend public school in this state, and

7 (b) Research suggests that there is a positive correlation between a student’s health and  
8 well-being and his or her ability to learn, and

9 (c) Schools can play an important role in the developmental process by which students  
10 establish their health and nutrition habits by providing nutritious meals and snacks  
11 through school meal programs, by supporting the development of good eating habits,  
12 and by promoting increased physical activity both in and out of school, and

13 (d) This effort to support students in developing healthy behaviors and habits with regard  
14 to eating and physical activity cannot be accomplished by public schools alone, and

15 (e) It is necessary for school staff, parents, and the public at large to be involved in a  
16 community-wide effort to promote, support, and model these healthy behaviors and  
17 habits,

1 **Section 3. Requirements.**

2 (a) By (insert date), each school district shall submit to the Department of Education  
3 (DOE) a copy of its school wellness policy as required by the Child Nutrition and  
4 WIC Reauthorization Act of 2004 and a copy of its physical education policy  
5 required under (insert relevant state statute if applicable). Each school district shall  
6 annually review its school wellness policy and physical education policy and provide  
7 a procedure for public input and revisions. In addition, each school district shall send  
8 an updated copy of its wellness policy and physical education policy to the DOE  
9 when a change or revision is made.

10 (b) Each school district shall promote its school wellness policy to faculty, staff, parents  
11 and students. A copy shall be:

- 12 (1) Posted on each school's website, if it has one;
- 13 (2) Distributed to food service staff members
- 14 (3) Distributed to the school's parent/teacher organization, if it has one and
- 15 (4) Made available in each school's office.

16 (c) Each school district shall adopt the following wellness policies in an effort to enable  
17 students to establish good health and nutrition habits:

- 18 (1) With regard to nutrition education, each school district shall:
  - 19 a. Include nutrition education in the health curriculum that has  
20 developmentally appropriate activities that are integrated throughout the  
21 year. Instruction shall be sequential and standards-based and shall provide

1 students with the knowledge, attitudes, and skills necessary to lead healthy  
2 lives.

- 3 b. Extend nutrition education beyond the classroom by engaging and  
4 involving the school's food service staff and by using the school cafeteria  
5 as a "learning lab" that allows students to apply the knowledge, attitudes,  
6 and skills taught in the classroom when making choices at mealtime.
- 7 c. Extend nutrition education beyond the school by engaging and involving  
8 the students' families and the community.
- 9 d. Promote standards and benchmarks for nutrition education through a  
10 variety of media.
- 11 e. Inform all staff of and provide appropriate training to selected staff in the  
12 best practices of nutrition education.
- 13 f. Provide families with information to encourage and assist them in their  
14 efforts to incorporate physical activity into their children's daily lives.
- 15 g. Encourage the establishment of community and business partnerships that  
16 institute programs supporting physical activity.
- 17 h. Whenever possible, provide community residents with the opportunity to  
18 utilize athletic facilities during non-school hours.
- 19 i. The school district will assess, and if necessary and to the extent possible,  
20 make needed improvements to make it safer and easier for students to  
21 walk and bike to school. When appropriate, the district will work together  
22 with local public works, public safety, and/or police departments in those

1 efforts. The school district will explore the availability of federal “safe  
2 routes to school” funds, administered by the state department of  
3 transportation, to finance such improvements. The school district will  
4 encourage students to use public transportation when available and  
5 appropriate for travel to school, and will work with the local transit agency  
6 to provide transit passes for students.

7 (2) With regard to physical activity, each school district shall:

- 8 a. Provide a physical education curriculum that is aligned with the state  
9 standards, and that is sequentially planned in order to teach the  
10 knowledge, skills, and attitudes necessary to live an active, healthy life.
- 11 b. For elementary schools, require a mandatory 15- to 30 minute recess that  
12 consists of physical activity on the days students do not have physical  
13 education class.
- 14 c. For students in grades 6 through 12, offer opportunities for extracurricular  
15 activities and intramural programs that emphasize physical activities.
- 16 d. For students in kindergarten through grade 12, provide a curriculum that  
17 includes moderate to vigorous daily physical activity beyond the school  
18 day.
- 19 e. Provide families with information to encourage and assist them in their  
20 efforts to incorporate physical activity into their children’s daily lives.
- 21 f. Encourage the establishment of community and business partnerships that  
22 institute programs supporting physical activity.

- 1           (3) With regard to other school-based activities, each school district shall:
- 2                   a. Assist each school in establishing a wellness committee to help coordinate
- 3                           physical activity, nutrition, and other aspects of student and staff wellness.
- 4                           The wellness committee may include parents, students, teachers, a school
- 5                           nurse, physical education teachers, health teachers, or members of the
- 6                           school administration.
- 7                   b. Communicate information to parents on nutrition and the benefits of
- 8                           physical activity, and specific information concerning their children's
- 9                           health.
- 10                  c. Assist schools in offering healthy food and beverage options at fundraising
- 11                           activities and school-sponsored events and during field trips.
- 12                  d. Eliminate marketing and sale of all branded foods on school grounds.
- 13                  e. School districts shall explore methods to increase breakfast participation.
- 14                  f. School districts in which more than 50% of students are eligible for free or
- 15                           reduced price school meals will explore methods to sponsor a summer
- 16                           food service program for at least six weeks between the last day of the
- 17                           academic school year and the first day of the following school year, and
- 18                           preferably throughout the entire summer vacation.
- 19           (d) The DOE shall designate the school district superintendent (or equivalent) as the
- 20                   individual charged with operational responsibility for measuring and evaluating the
- 21                   school district's progress in implementing the policies specified in the school
- 22                   wellness policy.

1 (e) The school district superintendent shall appoint a district wellness committee that  
2 consists of one or more representatives from the school board, the administration, the  
3 food service department, the parents, the students, and the public. The district  
4 wellness committee shall annually review the district's wellness and physical  
5 education policies and provide the superintendent with any recommended changes to  
6 the local wellness policy.

7 **Section 4. Effective Date.** This Act shall become effective immediately upon being enacted  
8 into law.

9 **Section 5. Severability.** If any provision of this Act is held by a court to be invalid, such  
10 invalidity shall not affect the remaining provisions of this Act, and to this end the provisions  
11 of this Act are hereby declared severable.