

NICASIO SCHOOL DISTRICT

Board Policy

Series 5000: Students

BP 5030

NUTRITION AND WELLNESS

Nicasio School District is a rural district that serves approximately 60 students. The school district does not receive Title I funds and does not participate in the Federal or State lunch program. Nicasio School District is exempt from adopting a Nutrition and Wellness policy, however, the Governing Board recognizes the importance of student nutrition and wellness as a priority in the school setting.

Nicasio School District does have many programs in place to support students in the area of Nutrition and Wellness:

- An organic garden is incorporated into classroom curriculum.
- Nutrition education is included in the curriculum.
- Parents provide healthy, organic lunch options prepared by local community vendors.
- Nicasio School provides parents with information about healthy lunchbox options.
- Nicasio School Foundation provides scholarships to students in order for everyone to participate in healthy, organic lunch options.
- Nicasio School Foundation funds a part-time position for a physical education specialist.
- The physical education curriculum meets, and often exceeds, the minimum standards of time required for physical activity.