

Wellness Policy

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity and to promote and encourage students to adopt lifelong healthy behaviors that can reduce the risk of chronic disease.

General Statement of Purpose

- A. The _____ school district will engage students, parents, teachers, food service professionals, health professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising as needed, the district-wide nutrition and physical activity wellness policies.
- B. The school environment will promote and protect students' health, well-being, and ability to learn by providing opportunities for healthy eating and physical activity.
- C. _____ recognizes that nutrition education and physical education are essential components of the educational process and forming lifelong healthy behaviors; and that good health fosters student attendance and education.
- D. Encourage teachers, staff, and food service personnel to promote and model healthy eating and physical activity as a valuable part of daily life through provision of and involvement in wellness activities.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active to achieve daily recommended physical activity.
- F. Food and beverages sold or served at school during the entire school day will meet or exceed the nutrition recommendations of the current Dietary Guidelines for Americans (DGAs) or Institute of Medicine (IOM) Standards.
- G. Schools meals are intended to be the main source of nutrition for students during the school day.
- H. Qualified food service personnel provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; they provide clean, safe, and pleasant settings with adequate time for students to eat. They will try to

accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, as feasible.

- I. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.

II. Nutrition Education and Promotion

_____ schools will provide nutrition education as a part of a standards-based, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health.

Nutrition education in all _____ schools, K-12:

- A. Is integrated into an existing or school-developed sequential, interdisciplinary, comprehensive K-12 health education program in which nutrition education is offered each year.
- B. Is taught by certified teachers at each grade level providing skills and knowledge that is needed by students to adopt healthy eating behaviors and attitudes.
- C. Links with school meal programs, other school foods, the Coordinated School Health Program, after school programs, and nutrition-related community services.
- D. Is communicated in consistent nutrition messages throughout schools, classrooms, staff lounges, and cafeterias, and promoted to parents, the community, and the media.
- E. Shall be consistent in school-based marketing and health promotion; thus it shall promote healthy food/beverage choices, not allow advertising of less nutritious choices; it shall promote healthy eating and physical activity behaviors to the community.
- F. Will be offered in the school cafeteria and in the classrooms with coordination between school food service staff and teachers.
- G. Is integrated into comprehensive health, physical education, family consumer science (FACS) and other core classes such as math, science, social studies, language arts, and in elective classes, as appropriate.
- H. Training in nutrition will be provided for both teachers and food service staff.

III. USDA School Meals

District Food Services offers affordable, nutritious and appealing meals, snacks, and beverages in compliance with or exceeding the most updated USDA guidelines, safety standards, and current DGAs. (Appendix (Ap) 1: summarized USDA School Meals Standards) District will use the current DGAs and/or IOM standards to establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds to encourage healthy choices for students. The standards will focus on increasing nutrient-rich foods, decreasing solid fats, sodium, and added sugars, and moderating portion size. District encourages the consumption of nutrient-rich foods and beverages (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts, and seeds) wherever foods are sold or served at school.

- A. Meals served in all district schools through the USDA National School Lunch and Breakfast programs:
 1. Are appealing and attractive to children considering balance, variety, contrast, color, and eye appeal and are served in a clean, safe, enjoyable environment.
 2. Offer a variety of colorful fruit and vegetables each week.
 3. Serve only low fat (1%) and fat free milk; offer lactose-reduced milk (nutritionally- equivalent non-dairy alternatives) with physician orders. Flavored milk, if offered, is fat-free only.
 4. Ensure that at least half of the served grains are whole grain. Provide whole grain bread products daily.
 5. Use serving sizes that meet minimum and don't exceed maximum USDA caloric requirements by age.
 6. Eliminate or continue to eliminate deep-fried foods.
 7. Strive to replace higher fat with lower fat items, as appropriate.
 8. Share calorie, fat and sodium content in meals with students, parents and staff through District website and posting in school cafeterias.
- B. Schools will provide an environment that encourages healthy eating and food habits. District schools will:
 1. Provide continuing professional development for food service director and employees.
 2. Provide access to clean, free drinking water for students during the school day.
 3. Provide students access to handwashing or hand sanitizing before they eat meals and snacks.

4. Operate the USDA Breakfast Program in all schools and inform parent(s) through newsletters, website, or handouts of the availability of the program. They will encourage parents to provide a healthy breakfast for their children to enhance their ability to learn. (see Ap 2: Healthy Breakfast)
5. Arrange bus schedules and use methods to serve breakfast that encourage participation, including, but not limited to “grab and go”, breakfast in the classroom, or breakfast during morning break.
6. Provide students with adequate time to eat meals (20 minutes for lunch and 10 minutes for breakfast after sitting down to eat).
7. Schedule lunch for fulltime students at appropriate times:
 - a. After recess for elementary schools to increase student nutrient intake and reduce food waste.
 - b. For all students, midday between the hours of 11:00 am – 1:00 pm.
8. Evaluate their open campus policy taking into consideration the food choices and other choices that students make when they are able to leave campus.
9. Discourage tutoring, clubs, organizational meetings or activities during mealtimes unless students may eat lunch during such activities.
10. Use no foods or beverages as a reward unless this practice is allowed by student’s Individualized Education Plan (IEP); do not withhold food or beverages as a punishment. (see Ap 3: Alternatives to Food as Rewards)
11. Discourage students from sharing food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children’s diets.
12. Obtain feedback from students, staff, and parents about meals and new food options through activities such as taste testing, surveys, or health fairs.
13. Any foods brought into school lunch program from outside food services must comply with the Wellness Policy ala carte standards. Parents are instead encouraged to call ahead and eat school lunch with child.
14. Cold lunches brought from home are encouraged to meet Guidelines for Nutritious Lunches found in Ap 4.

IV. Competitive Foods

Food and beverages sold/served during the school day outside of reimbursible school meals are known as Competitive Foods. Competitive Food Nutrition Standards are developed considering the standard that school meals are intended to be the main source of nutrition for students during the school day (see Ap 5). Therefore, any other food or beverage consumed supplements must be:

- *a contribution to, rather than a detractor, from the nutrition of the student
- *age-appropriate serving size and within USDA caloric guidelines
- *infrequent in consumption

Parents can decide on use of discretionary calories at home. (see Ap 6: Discretionary Calories)

A. School-based standards

1. *Elementary Schools*: Will not sell food or beverages in school stores or have vending machines. Fundraising activities of food and beverages will not be sold during school hours. (see Ap 7: Healthy Fundraising) They will sell from only the following ala carte items:
 - a. Reimbursible meal
 - b. Fresh fruit
 - c. Non-fried fresh vegetables (no fat added)
 - d. 8 oz non-fat or low-fat milk
 - e. 6 oz or less non-fat yogurt

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections. Examples are in Ap 8: 150-200 Calorie Snacks and Ap 9: Healthy Celebrations.

2. *Middle/Junior High Schools*: Will not sell food or beverages in school stores. They will not have food fundraising activities or vending machines open during the school day. (see Ap 7: Healthy Fundraising) Afterschool standards are in Ap 5: Competitive Foods Nutrition Standards. Ala Carte will sell from only the following items:
 - a. Reimbursible meal
 - b. Fresh fruit
 - c. Non-fried fresh vegetables (no fat added)
 - d. 8 oz or less non-fat or low-fat milk
 - e. 4 oz or less 100% fruit juice

- f. 6 oz non-fat yogurt
- g. Water, plain, any size

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections with Ap 8:150- 200 Calorie Snacks and Ap 9: Healthy Celebrations.

- 3. *High Schools:* All food or beverages sold individually, outside of the reimbursable school meal programs- through school stores, vending machines, or ala carte- will follow the Competitive Foods Nutrition Standards (Ap 5). This will apply during the school day and for after school programs for students. High schools will not hold food or beverage fundraisers during the school day.

See Ap 5: Competitive Foods Nutrition Standards for guidance in snack and celebrations food selections. Examples are Ap 8:150-200 Calorie Snacks and Ap 9: Healthy Celebrations.

V. Physical Education and Physical Activity

The primary goals for District schools' physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness in a safe, adequate environment, to ensure students' regular participation in physical activity, to teach students the short- and long-term benefits of a physically active and healthful lifestyle, and to enhance academic performance.

The following are established guidelines for physical education and physical activity:

A. Physical Education in District name

- 1. Physical education shall be standards-based, using national or state-developed standards, such as the National Association for Sport and Physical Education (NASPE) guidelines. The district follows the state law requiring instruction in Physical Education without exception.
- 2. All students will receive physical education for 150 minutes/week for elementary and 225 minutes/week for middle and high school students for the entire school year or in compliance with IEPs. Physical education will ideally be offered daily.

3. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
4. Physical education curriculum is written for every grade. It is sequential and provides an opportunity for students to learn, practice, and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and benefits of physical activity.
5. The district will provide training to certified physical education staff to educate, and other school staff to promote enjoyable, lifelong physical activity among students.
6. The district will establish an enrollment cap for PE class size to ensure adequate supervision and minimize risk of injuries.
7. This district will not use physical activity as punishment nor withhold physical activity (recess or physical education) as punishment.

B. Physical Activity in District name

1. Daily Recess - All elementary school students will have at least a 20 minute supervised recess break daily, preferably outdoors and before lunch, during which schools facilitate moderate to vigorous physical activity verbally and through provision of space and equipment.
2. Integrating Physical Activity into the Classroom Settings (see Ap 10) - For elementary, as well as older students, to receive the recommended amount of at least 60 minutes of physical activity per day and for students to fully embrace physical activity as a personal behavior, other school opportunities are:
 - a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce sedentary activities such as watching TV and video games.
 - b. Incorporation of physical activity into other subject lessons (such as math, science, social studies, etc).
 - c. Classroom teachers will provide short physical activity breaks between lessons, classes, and/or standardized testing, as appropriate.
3. Physical Activity Opportunities Before and After School
 - a. The district offers physical activity programs, such as interscholastic athletic programs in high school and physical activity clubs or intramural/intermural programs

- to provide a range of activities that meet the needs, interests, and abilities of all students.
- b. After-school child care and enrichment programs shall encourage- verbally and through the provision of adequate and safe space, equipment, and activities- daily periods of moderate to vigorous physical activity for all participants.
 - c. Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students, community, and staff for physical activity before, during, and after the school day, on weekends, and during school vacations in accordance with the District's Building Rental Policy. These spaces and facilities also should be available to agencies and organizations offering physical activity and nutrition programs. School policies concerning safety apply at all times.
 - d. Schools shall encourage bicycling and walking to and from school.

VI. Implementation and Monitoring

- A. After approval by the District School Board, the Superintendent or designee shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. These procedures shall include:
 1. Adoption of current guidelines.
 2. Designation of district level and site-based staff responsible for policy implementation and compliance.
 3. An implementation work plan, including:
 - a. Timeline, and
 - b. Evaluation of outcomes and compliance. In each school, the principal or designee will ensure compliance with those policies in that school and will annually report on the school's compliance to the school district superintendent or designee.
- B. Monitoring will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will include School Health Index, Body

Mass Index, School Meal Participation, youth survey data, Cardiovascular Fitness, and/or other outcomes determined by _____ school wellness councils.

- C. _____ district will develop and implement a communications plan which includes training to ensure understanding of the rationale for the wellness policy and the implementation plan.
- D. District food service staff will ensure compliance with the school's food and nutrition program and will report to the food service director, the building principal, or the superintendent's designee, as appropriate.
- E. The school district's food service director will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent USDA School Meal Initiative (SMI) review findings and any resulting changes.
- F. The superintendent or designee will develop an annual summary report on compliance with the district's School Wellness Policy based on input from all district schools. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, food service directors, and school health services personnel in the district.