

## Wellness Program

The district's comprehensive age-appropriate wellness program shall be implemented in district schools in accordance with the following requirements:

### Nutrition and Food Service Operations Definitions:

1. "Competitive foods" means any food or drink sold in competition with the National School Lunch Program and/or School Breakfast Program in food service areas during the meal periods.
2. "Dietary Guidelines for Americans" means the current set of recommendations of the federal government that are designed to help people choose diets that shall meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
3. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
4. "Foods of Minimal Nutritional Value" means:
  - a. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes for each of eight specified nutrients per serving.
  - b. In the case of all other foods, a food which provides less than five percent of the Reference Daily Intakes for each of eight specified nutrients per 100 calories and less than five percent of the Reference Daily Intakes for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are - protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron.
  - c. Food that is classified into four categories:
    - (1) Carbonated soft drinks,
    - (2) Chewing gum,
    - (3) Water ices, and
    - (4) Certain candies made predominantly from sweeteners such as hard candy, licorice, jellybeans, gumdrops, marshmallows, fondant, cotton candy and candy-coated popcorn.
5. "Food service area" means any area on school premises where National School Lunch Program or School Breakfast Program meals are both served and eaten, as well as any areas in which National School Lunch Program or School Breakfast Program meals are either served or eaten.
6. "Meal period" means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.

## **Foods of Minimal Nutritional Value and Competitive Food Sales**

In keeping with federal regulations, the district controls the sale of Foods of Minimal Nutritional Value and all competitive foods.

The sale of all other foods, other than Foods of Minimal Nutritional Value, in competition with the District's National School Lunch Program and School Breakfast Program meals shall be permitted in school food service areas during school meal periods only when all income from the food sales accrues to the benefit of the district's nutrition and food services operation or school or student organization as approved by the Board.

## **Nutrition Education**

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education curriculum standards.

## **Physical Activity**

The district shall provide opportunities for students to engage in physical activities in the school setting. At a minimum, physical education shall be consistent with state curriculum standards.

## **Other School Based Activities**

The district encourages the following practices which promote local wellness:

1. Scoliosis screenings;
2. Intramural sports;
3. Foodless Fundraisers;
4. Assemblies which focus on wellness issues such as obesity and obesity related diseases, healthy eating, and the benefits of physical exercise;
5. The use of alternates to food as rewards in the classroom;
6. Limit the amount of foods with no nutritional value that are sold in vending machines; and
7. Support groups for overweight students.

## **District Wellness Advisory Council**

The superintendent or designee shall establish a District Wellness Advisory Council consisting of representatives of the school and the community and should include parents, students, representatives of the school food service, Board, school administrators, teachers, health professional, and members of the public. This council shall meet to develop an implementation plan that shall include evaluation for ensuring the district meets the requirements of the Wellness Program Policy. This plan shall be shared with the Board.

## **Nutrition Guidelines and Food Services Operation**

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program:

1. The food services supervisor is responsible for ensuring that food service operations and guidelines meet Board Policy EFAA - District Nutrition and Food Services.
2. The 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 schools.
3. Principals shall provide students adequate time and space to eat meals in a pleasant and safe environment.
4. Nutrition and food services personnel shall receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties.

### **Other Foods Offered or Sold**

The district recognizes that federal government standards requiring schools to provide National School Lunch Program and School Breakfast Program meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Foods offered in classrooms or school-sponsored activities during the school day and food and beverages sold as part of approved school fund raising events shall be nutritious foods as determined by the district's Wellness Advisory Council.

### **Staff Development**

There shall be ongoing in-service and professional development training opportunities for staff. All areas of wellness shall be part of this professional development.

### **Family and Community Involvement**

The District Wellness Advisory Council shall encourage family and community involvement in supporting and reinforcing life long wellness through district, community and governmental programs.