

## Wellness Program

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

### Definitions:

1. "Competitive foods" means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) 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 will 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 (FMNV)" means:
  - a. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) 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 RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI 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 (e.g., popsicles); and
    - (4) Certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, marshmallows, fondant(e.g., taffy), cotton candy and candy-coated popcorn.
5. "Food service area" means any area on school premises where NSLP or SBP meals are both served and eaten, as well as any areas in which NSLP or SBP 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.

## **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 standards. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support district nutrition education efforts, the school principal is responsible for ensuring:

1. Nutrition instruction is, as appropriate, coordinated with the school's food services program and other components of the school health program to reinforce messages on healthy eating and exercise. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening, referral and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program), and implement nutrition education and promotion activities for school staff and parents.
3. In keeping with the district's nutrition program goals, all classroom reward or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the district's nutrition policy and regulations.

## **Physical Activity**

1. During the School Day

Physical activity includes regular instructional physical education, co-curricular activities, and recess at the elementary level. All students will be expected to participate in regular physical activity and will be provided with appropriate opportunities for participation in physical education. The superintendent will establish minimum standards for student participation in physical education and activity, and the time line for implementation of those standards. Physical education instruction will be consistent with the State adopted physical education common curriculum goals, content standards and grade level benchmark standards for students. All students will be encouraged to further

participate in physical activity through co-curricular activities, recess, and community based youth organizations that emphasize physical fitness and activity.

The district will encourage the integration of physical activity with the academic curriculum, based on research findings relating physical activity and learning.

Recognizing the critical importance of sufficient physical activity for students, schools will withhold recess for disciplinary reasons only as part of an individual or school-wide behavior plan. PE will not be withheld as punishment.

## 2. Before and After School Activities

Students will be encouraged to participate in physical activity through before- and/or after-school programs including intramurals, interscholastic athletics, and physical activity clubs. To encourage broad participation in extra-curricular activities, the district will work with the community and other agencies to reduce barriers to participation and expand opportunities through partnerships with youth activity organizations, scholarships, and other methods.

## 3. Other School Based Activities

Schools are encouraged to provide the following activities to promote wellness:

- a. Scoliosis screenings;
- b. Intramural sports;
- c. Foodless Fundraisers;
- d. Monthly/Weekly school walks;
- e. Assemblies which focus on wellness issues such as obesity and obesity related diseases, healthy eating, and the benefits of physical exercise;
- f. The use of alternates to food as rewards in the classroom;
- g. Support groups for overweight students;

## 4. Parent and Community Support.

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. When appropriate, the district will collaborate with other community organizations on initiatives encouraging physical activity.

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

In order to support the school's food services program as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the school principal in schools with NSLP and SBP programs is responsible for ensuring:

1. The school encourages all students to participate in the school's NSLP and SBP meal opportunities.

2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply.
3. The school's NSLP, SBP or Special Milk Program (SMP) maintain the confidentiality of students and families applying for or receiving free or reduced-priced meals or free milk in accordance with the National School Lunch Act.
4. The school's NSLP, SBP or SMP operate to meet nutrition standards in accordance with the Healthy Meals for Healthy Americans Act of 1994 as amended and applicable state laws and regulations.
5. The school sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans. Cultural norms and preferences will be considered.
6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
8. Modified meals may be prepared for students with special food needs:
  - a. The district will attempt to provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted.
  - b. Such food substitutions may be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician assistant, registered dietitian or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food(s) that may be substituted in place of the lunch or breakfast menu being served.
9. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
10. Students are provided adequate time and space to eat meals in a pleasant and safe environment. Recognizing the importance of sufficient time to eat and of a pleasant, relaxed eating environment, schools will adopt a minimum number of minutes that students have to eat breakfast and lunch and will consider other strategies, such as recess before lunch, that contribute to healthy eating. School dining areas will be reviewed to ensure:
  - a. Tables and chairs are of the appropriate size for students;
  - b. Rules for safe behavior are consistently enforced;
  - c. Tables and floors are cleaned between meal periods;
  - d. The physical structure of the eating area is in good repair;
  - e. Appropriate supervision is provided.

11. 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.

### **Foods of Minimal Nutritional Value (FMNV) and Competitive Food Sales**

In keeping with federal regulations, the district controls the sale of FMNV and all competitive foods.

Foods of Minimal Nutritional Value (see Definitions 4. a.-c. on page 1 of this regulation), as defined by the U.S. Department of Agriculture, **shall not be sold to students on school campuses during the school day.**

Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and anything that competes with breakfast and lunch programs.

Competitive foods shall meet nutrition and portion size guidelines set by the superintendent, with input from the Wellness Advisory Committee.

The superintendent will develop "Healthy Snacks" and "Healthy Parties" nutrition guidelines as part of the administrative rules and provide parents and teachers with a list of examples of healthy, affordable food choices for snacks and parties. Schools with the approval of the school principal may make occasional exceptions to these nutrition guidelines.

#### **1. Sale of Competitive Foods**

The District supports an economically self-sustaining, high quality food services program. To this end, no competitive foods that are not under the direct control of district food services program shall be sold during the school breakfast and lunch service times without the written approval of the superintendent and school principal.

##### **a. A La Carte**

In addition to reimbursable meals, the district food service operation sells food a la carte. A la carte offerings shall be selected with the goal of offering predominantly high quality, nutritious food.

##### **b. Fundraising/School Stores**

The district encourages fundraising activities that promote physical activity and provide healthy food and beverage options. Food sold at school as a fund-raiser during the school day will meet the Healthy Snacks and Healthy Party guidelines. Schools are encouraged to use foodless fundraisers.

c. Vending Machines

Vending machines accessible to students on school campuses shall include only nutritious food options that meet the Healthy Snacks guidelines. The district will explore strategies to promote healthy food choices such as setting lower prices for healthier options, and offering a high percentage of nutritious food options. Since Foods of Minimal Nutritional Value (see page 1 of this regulation) are not to be sold to students on school campuses during the school day, the contents of vending machines accessible to students must adhere to this standard.

- (1) Vending machines accessible to students will not contain carbonated soft drinks;
- (2) All items are to be sold in single serving size;
- (3) If the individual school allows consumption during the day, students may have access to water, milk, fruit juices containing 50 percent or more juice, vegetable juice, and sports drinks that are caffeine free and that meet the Healthy Snacks guidelines.

2. Distribution of Competitive Foods and Foods of Minimal Nutritional Value

a. Celebrations

Carbonated soft drinks, as defined by the U.S. Department of Agriculture, will not be distributed by the school or school staff to students during the school day as part of a celebration or school party. Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour whenever possible.

b. Use of Food as Incentive or Reward

Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture (see page 1 of this regulation), will not be distributed by staff as a reward for academic performance or good behavior. The use of any candy as a reward for academic performance or good behavior is strongly discouraged. Other food as an incentive, or reward, or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.

3. After-School Events Sponsored by District

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snacks guidelines. Carbonated sodas and other Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, may be sold during these times and events.

## **Staff Development**

Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Food services personnel are to 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. The food services manager and school principals are responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management.
2. Financial management and record keeping.
3. Cost- and labor-efficient food purchasing and preparation.
4. Sanitation and safe food handling, preparation and storage.
5. Planning menus for students with special needs and students of diverse cultural backgrounds.
6. Customer service and student and family involvement.
7. Marketing healthy meals.
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies.
9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

## **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students.
2. Parents are encouraged to send healthy snacks/meals to school.
3. Parents and other family members are invited to periodically eat with their children in the cafeteria.
4. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.).
5. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

## **Policy Implementation**

The superintendent, school principals, and food services manager are responsible for implementation of the Wellness Policy and Administrative Regulation. To assist in this effort, the superintendent will appoint a Wellness Advisory Committee consisting of two parents, two community members who are health care and/or nutrition professionals, two students, one principal one teacher, one food services employee, and one Board member. The committee will advise the superintendent on the refinement and expansion of the administrative rules and provide guidance on implementation of the rules.

## **Program Evaluation**

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for ensuring:

1. Board policy and this administrative regulation are implemented as written.
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards.
3. Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program.
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory learning activities and strategies.
5. Teachers and food services personnel, as appropriate, have undertaken joint project planning and action.
6. Teachers have received curriculum-specific training.
7. Families and community organizations are involved, to the extent practicable, in nutrition education.  
and
8. The school principal at each school is charged with the responsibility of ensuring that the policy and administrative regulation are followed and that an evaluation is developed to assess the school's level of compliance.