

School Board Policy

School Wellness

Quick Reference Guide

Fundraisers

- Should support health/wellness
- Sales of consumable foods that do not meet Smart Snack Guidelines are limited to:
 - 10 at Middle and High Schools
 - 5 at Elementary Schools
- Food fundraisers must be approved by administration
- Smart Snack Guidelines: list of these snacks and a calculator can be found at:

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Student Parties, Celebrations and Meetings

- Parties should focus on games, crafts and activities
- Guidelines for food served at parties include:
 - Fruit and/or vegetable choices
 - No more than 2 items with sugar as the first ingredient
 - All food must be nut-free
 - Beverages are limited to water, 100% fruit juice and milk
- Classroom guidelines for student birthdays should be followed and should not include food to be served or distributed.

Classroom Instruction

- Food is appropriate in the classroom when it
 - promotes a positive nutrition message (field trips, guest chefs, health class)
 - is an integral part of the curriculum (cultural studies, FCS activities)
- Rewards for academic performance should NOT be food based (including candy)
- Food should not be withheld as punishment

Special Health Conditions and Food Requirements

- In cases where food is served in the classroom as described above (at parties or as part of an approved instructional activity) accommodations must be made for students with documented health conditions that include food restrictions.
- The school nurse and parents should be consulted in these cases.